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ABSTRACT

This guide contains a comprehensive collection of diagrams and specifications of playing fields and courts used in interscholastic and recreational sports, along with information on how to set up various formats of tournament drawings, how to compute golf handicaps, and how to convert metric-to-English distances. Lists are provided of national sports governing bodies for Olympic/Pan American sport organizations, affiliated sport organizations, armed forces sport organizations, community-based multisport organizations, and disabled and education-based multisport organizations. Final chapters present the addresses of sports records centers and scoring tables for boys decathlon and heptathlon events. (GR)

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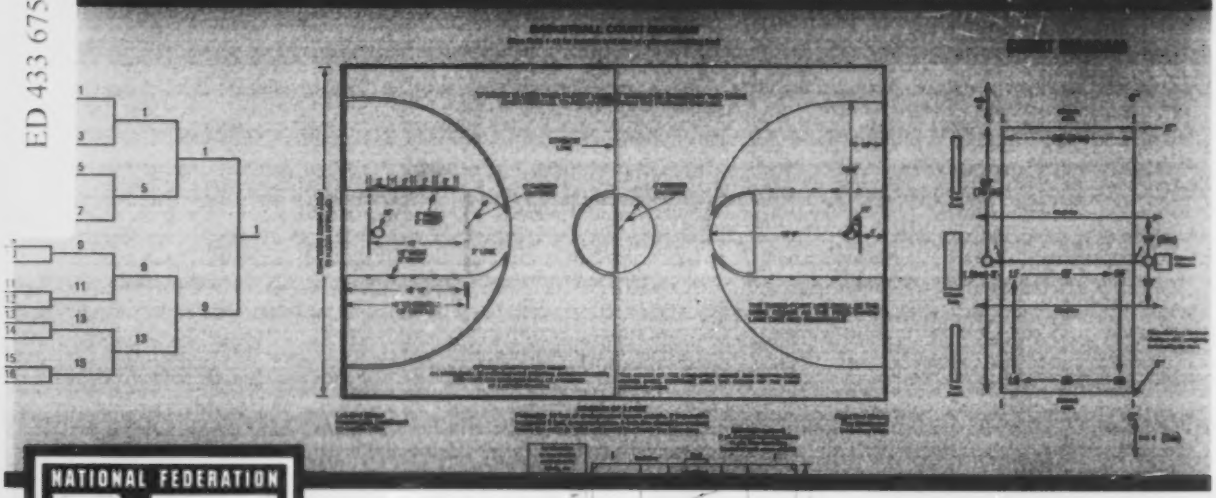

COURT & FIELD DIAGRAM GUIDE

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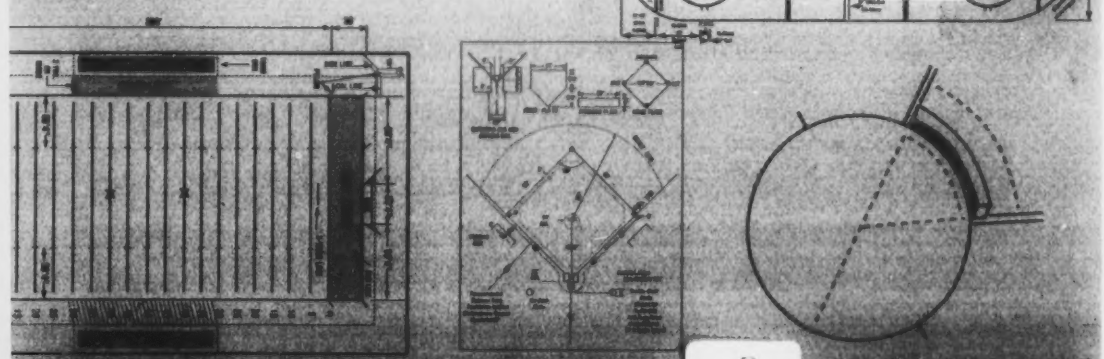

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OF STATE HIGH SCHOOL ASSOCIATIONS

FOREWORD

As an individual involved with the administration and conduct of interscholastic or recreational athletic events, it is likely that you have encountered situations in which you had a question regarding sports playing fields or courts.

For example, perhaps you were uncertain about the correct distance of a basketball three-point field- goal line or how to lay out a baseball pitcher's mound.

In recent years, the NFHS has received numerous requests for such a publication and has responded with this Court and Field Diagram Guide. This guide contains a comprehensive collection of diagrams and specifications of playing fields and courts used in interscholastic and recreational sports, along with other useful information, such as how to set up various formats of tournament drawings, how to compute golf handicaps and metric-to-English distance conversions. The diagrams, specifications and information contained in this publication are accurate and current as of July 1998.

It is our hope that this publication accommodates your needs as a comprehensive reference source. If there is anything you feel might be missing, please let us know and we will include it in future editions.

NFHS COURT AND FIELD DIAGRAM GUIDE

ROBERT F. KANABY, Publisher
John Gillis, Editor
NFHS Publications

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ACKNOWLEDGEMENTS AND CREDITS

In order to successfully write and edit an all-inclusive reference book such as the NFHS Court and Field Diagram Guide, it is necessary to gather materials and information from a wide variety of sources. Without that valuable input, the Court and Field Diagram Guide simply would not exist in its comprehensive format. Therefore, we would like to thank those organizations and individuals who made significant contributions to this publication.

First and foremost, our appreciation goes to the national sports governing bodies which granted their permission for us to reproduce diagrams of their playing fields and courts as well as information regarding their respective sports. If you would be interested in learning more about any of these particular sports, addresses and phone numbers are included with each sport's diagram, and a comprehensive listing of national sports governing bodies is found in Chapter Eight.

Secondly, I would like to thank the NFHS staff for its input and assistance regarding the content of this publication. Particular thanks go to Bruce Howard, NFHS director of publications and communications, who oversaw this guide from its inception to its completed form; to Jan Martin, who was involved with the publication's layout, and to Chris Duermyer, who was involved with the layout of the various diagrams shown in the publication.

Finally, I would like to thank this publication's primary reading audience of architects, athletic directors, coaches, building and grounds supervisors, etc., without whom this publication would not have a reason to exist. This is your publication, and if you have any suggestions or comments on how it might be improved in future editions, please do not hesitate to contact us.

John Gillis
Editor

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The United States Tennis Court & Track Builders Association

The United States Tennis Court & Track Builders Association is recognized as the centralized source for information on tennis courts and track specifications for builders, manuafacturers, professionals and consumers. The Association was founded in 1965 by a group of contractors who recognized the need for an organization that could help them address their mutual problems, set industry standards and keep them informed on issues pertinent to their business. Today, with nearly 300 members, the USTC&TBA supports the drive for excellence in the industry by maintaining that commitment to quality sports facility construction.

Headquartered in Ellicott City, Maryland, the USTC&TBA continues to take steps to raise the professional standards of the industry and to ensure that consumers are receiving services of the highest quality.

The Association consists of contractors who build and maintain both running tracks and tennis courts, associate and affiliate members who are the manufacturers, suppliers and installers of materials used in the construction of those facilities, professional members who are architects and engineers, and ancillaries, who are interested in the field.

The USTC&TBA develops and distributes technical information on tennis courts and running track construction, and is pleased to offer several items to consumers at no charge. Contact the Association at USTC&TBA, 3525 Ellicott Mills Drive, Suite N, Ellicott City, Maryland 21043-4547, phone 410-418-4875, fax 410.418.4805. The Web address is *www.ustctba.com*

"The diagrams found on pages 30 through 37, and on page 42, are reprinted with permission of the United States Tennis Court & Track Builders Association, from its *Track Construction Manual, Third Edition*, by the United States Tennis Court & Track Builders Association, 3525 Ellicott Mills Drive, Suite N, Ellicott City, Maryland 21043-4547. Copyright 1996. All rights reserved."

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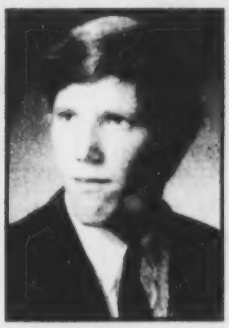
Nicole Haislett



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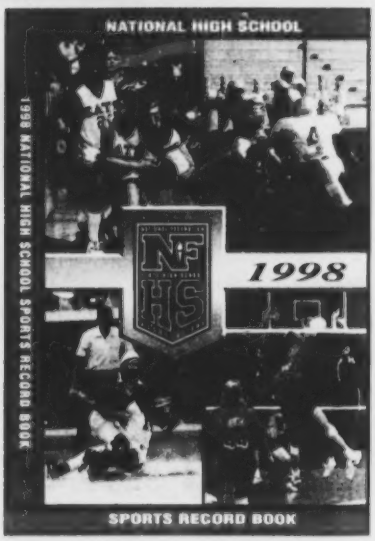

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CHAPTER ONE

SPORTS WITH NFHS RULES

For more information regarding any of the sports included in Chapter One, contact:

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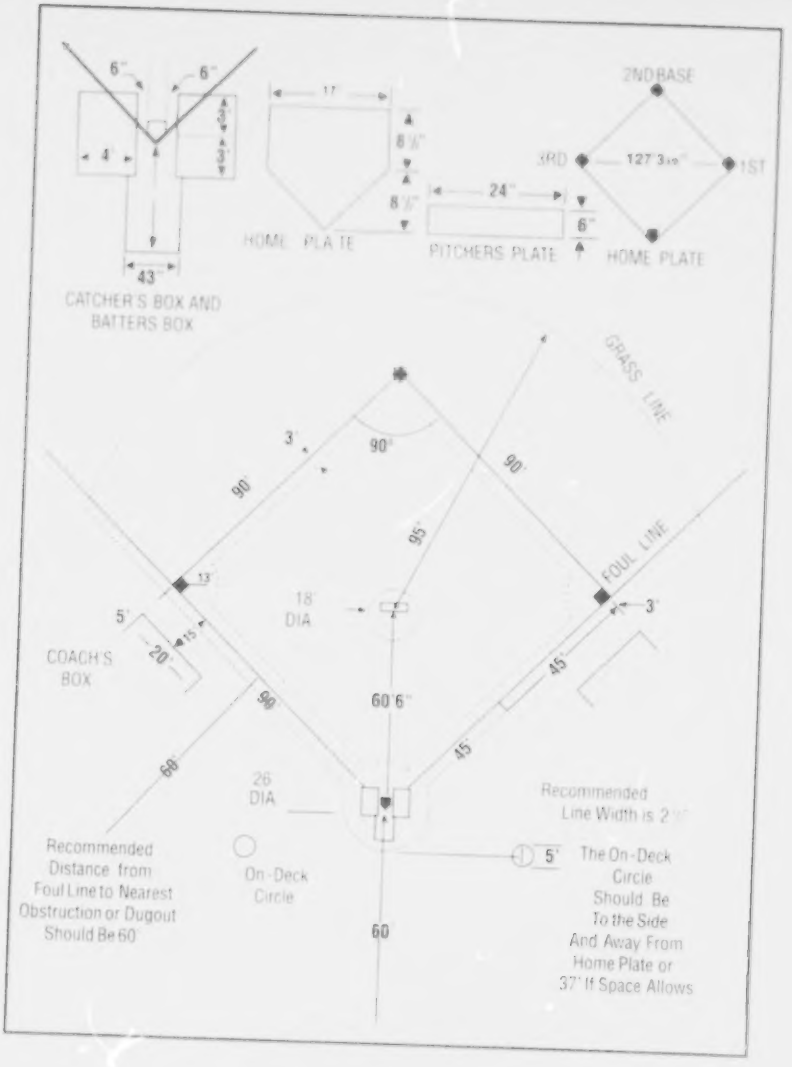
BASEBALL



It is recommended that the line from home plate through the pitcher's plate to second base run east-northeast.

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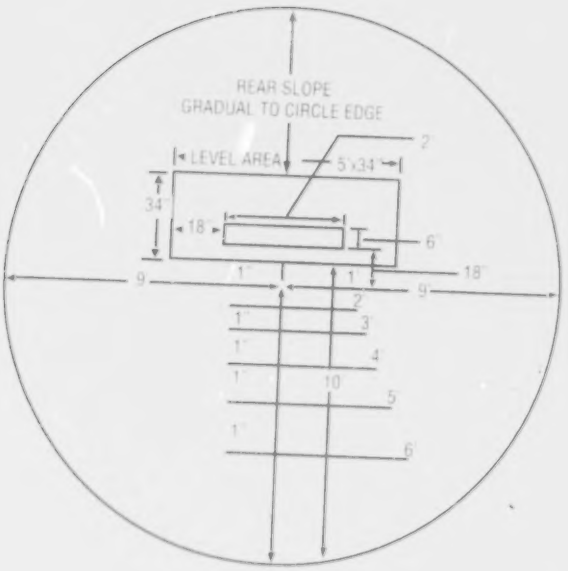
SUGGESTED LAYOUT OF PITCHER'S MOUND



The top of the pitcher's plate must be 10 inches above the top surface of home plate. Inside the circle, a pitcher's mound should be constructed according to the specifications shown in the diagram.

The degree of slope from a point 6 inches in front of the pitcher's plate to a point 6 feet toward home plate shall be 1 inch to 1 foot, and such degree of slope shall be uniform. The pitching mound is an 18-foot diameter circle, the center of which is 59 feet from back of home plate. Locate the front edge of rubber 18 inches behind center of mound. The distance of the front edge of rubber to back point of home plate is 60 feet, 6 inches. The slope starts 6 inches from the front edge of rubber. The slope shall be 6 inches from the starting point, 6 inches in front of rubber to a point 6 feet in front of rubber. From this point, the mound should slope and blend into the grade of the rest of the playing surface. The level area surrounding the rubber should be 6 inches in front of the rubber, 18 inches to each side and 22 inches to rear of rubber. The total level area 5 feet x 34 inches.

The pitcher's mound may consist in part of synthetic material that is commercially manufactured for that purpose. If a mound pad is composed of natural soil and synthetic material, the synthetic material must be securely attached to the ground and be installed at least flush or slightly below the dirt area which forms the ground. The mound area should meet suggested height and slope specifications.

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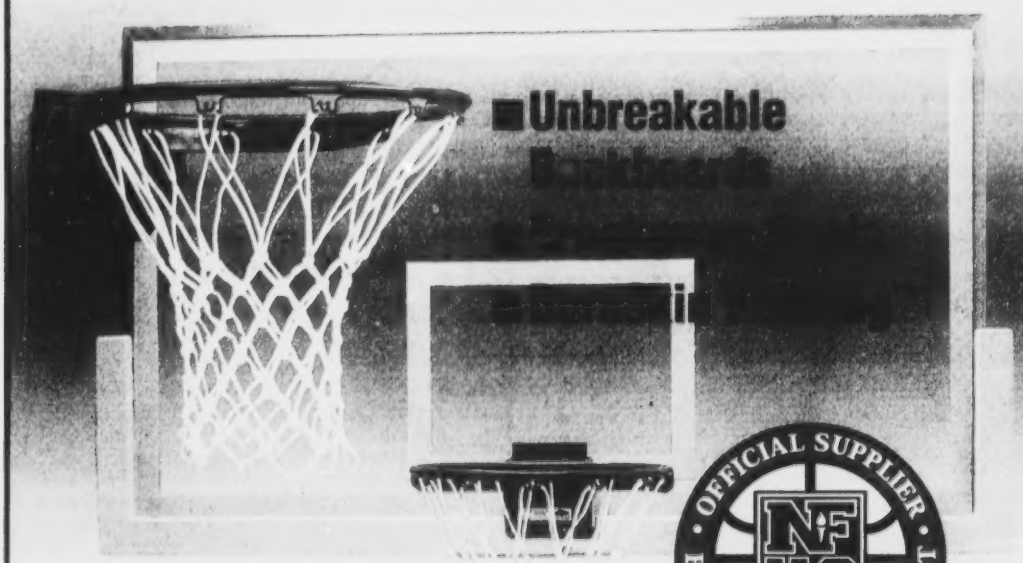

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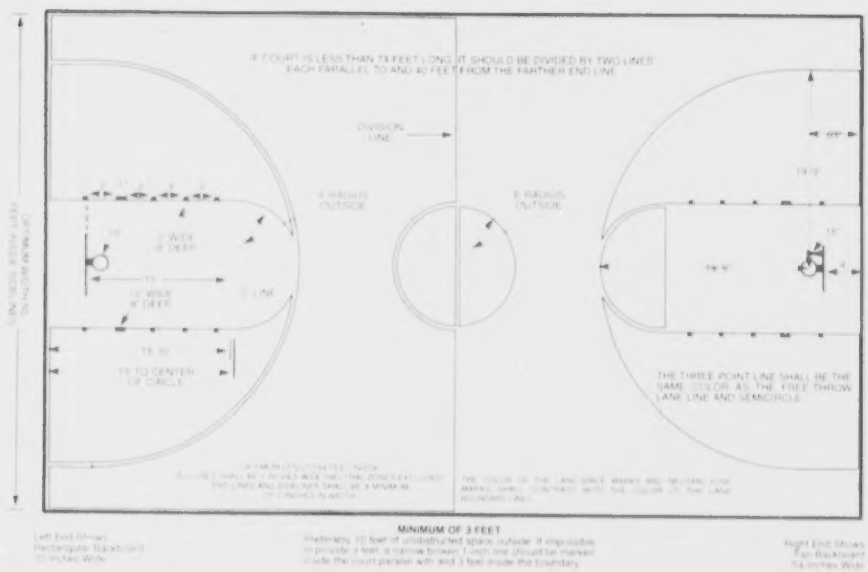
BASKETBALL

BASKETBALL COURT DIAGRAM

BASKETBALL COURT DIAGRAM

(See Rule 1-13 for location and size of optional coaching box)


IF COURT IS LESS THAN 74 FEET LONG, IT SHOULD BE DIVIDED BY TWO LINES EACH PARALLEL TO AND 40 FEET FROM THE FARTHER END LINE
DIVISION LINE
6' RADIUS OUTSIDE
6' RADIUS OUTSIDE
12' WIDE 8' DEEP
12' WIDE 8' DEEP
LANE
19' TO CENTER OF CIRCLE
19'
19'-9"
THE THREE POINT LINE SHALL BE THE SAME COLOR AS THE FREE THROW LANE LINE AND SEMICIRCLE
MINIMUM OF 3 FEET

COURT SPECIFICATIONS

1. If possible, building plans should provide for a court with ideal measurements as stated in Rule 1-1, ample out-of-bounds area and necessary seating space. A long court permits use of two crosswise courts for practice and informal games.
2. The ceiling should be at least 25 feet or higher if possible.
3. Instead of the 2-inch minimum boundaries, it is legal to use contrasting colored floor areas by painting the out-ofbounds area, the center circle, and the restricted parts of the free-throw lanes so that the mathematical line between the two colors is the boundary. If such contrasting colored out-of-bounds belt is used, it should be at least 8 inches wide.
4. It is recommended that a belt 8 inches wide or more in width be used to mark the boundaries on all courts which have at least 10 feet of open space between the boundary lines and the seating. This plan is urged for all new construction and for other similar courts when the boundaries are remarked.
5. It is recommended that there be a 2-inch wide broken line consisting of 12-inch segments, 12 inches apart, of a color different from that of the boundary, at a minimum of 6 feet outside the court extending from sideline to sideline and parallel to the end line.
6. Optional coaching box — tableside. Bounded by a line 28 feet from end line, the sideline, a line 22 feet from end line, and the team bench. Located off the court, 2 inches wide and color contrasting with boundary line. NOTE: State associations may, on an individual basis, allow alternate bench locations.
7. The court should be uniformly and adequately lighted. Lighting engineers should be placed in charge of this important factor when planning any new installations. For information on recommended specifications for lighting, you may contact: Illuminating Engineering Society of North America, 120 Wall Street, 17th Floor, New York, New York 10005, Telephone (212) 248-5000.

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SPECIFICATIONS FOR COURT AND BASKET/BACKBOARD

The playing court shall be a rectangular surface free from obstructions and with dimensions not greater than 94 feet in length by 50 feet in width. IDEAL MEASUREMENTS ARE: High School Age - 84 by 50 feet. These are the dimensions for the playing court only.

The playing court shall be marked with **sidelines, end lines** and other lines as shown on the appended court diagram. There shall be at least 3 feet (and preferably 10 feet) of unobstructed space outside boundaries. The sidelines and end lines shall be a minimum of 2 inches in width. If it is desirable to use contrasting colored floor areas instead of the lines, see the "Supplement to Court Diagram."

If, on an unofficial court, there is less than 3 feet of unobstructed space outside any sideline or end line, a narrow broken line shall be marked on the court parallel with and 3 feet inside that boundary. This restraining line becomes the boundary line during a throw-in on that side or end. It continues to be the boundary until the ball crosses the line.

The restraining circle is a circle 2 inches in width and shall be drawn with a radius of 6 feet measured to the outside. Spaces for nonjumpers around the restraining circle are 36 inches deep.

A division line 2 inches wide, dividing the court into two parts, shall be formed by extending the center-circle diameter in both directions until it intersects the sidelines. If the court is less than 74 feet long, it should be divided by two lines, each parallel to and 40 feet from the farther end line.

A three-point field goal line, 2 inches wide in the form of a semicircle, shall be drawn at each end of the court as shown on the appended court diagram. The semicircle has a radius of 19 feet 9 inches from a point in the middle of the free-throw lane directly below the center of the basket. The semicircle shall be extended with a 2-inch wide line perpendicular to the end line whose length shall be 63 inches from the inside edge of the end line. The three-point field goal line shall be the same color as the free-throw lane boundary lines and free-throw semicircle.

A free-throw lane, 12 feet wide measured to the outside of each lane boundary, and the semicircle with the free-throw line as a diameter, shall be marked at each end of the court with dimensions and markings as shown on the appended court diagram. All lines designating the free-throw lane, but not lane-space marks and neutral-zone marks, are part of the lane.

The color of the lane-space marks and neutral-zone marks shall contrast with the color of the lane-boundary lines. The lane-space marks (2 inches by 8 inches) and neutral-zone marks (12 inches by 8 inches) identify areas which extend 36 inches from the outer edge of the lane lines toward the sidelines. There are four marked lane spaces on each lane-boundary line.

A free-throw line, 2 inches wide, shall be drawn across both circles, which have an outside radius of 6 feet as shown on the appended court diagram. it shall be parallel to the end line and shall have its farthest edge 15 feet from the plane of the face of the backboard.

Each of the backboards shall be of any rigid material. The front surface shall be flat and, unless it is transparent, it shall be white. Tinted glass backboards are prohibited beginning with those manufactured after January 1, 1995.

The backboards shall be the same size at both ends of the court. The backboard shall be one of three types: (1) a rectangle 6 feet horizontally and 4 feet vertically; or (2) a rectangle 6 feet horizontally and 3½ feet vertically; or (3) a fan-shaped backboard, 54 inches wide.

Either type backboard may be transparent or nontransparent. No logo, marking, lettering, etc., is permitted on the backboard, backboard padding, or basket.

Each backboard shall be midway between the sidelines, with the plane of its front face perpendicular to the floor, parallel to the end line, and 4 feet from it. The upper edge of the backboard shall be 13 feet above the floor for the rectangular, and 12 feet 8 inches for the fan-shaped. The backboard shall be protected from spectators to a distance of at least 3 feet at each end.

The bottom and each side of the all-rectangular backboards shall be padded with a poly high-carb vinyl-type material that meets the Bashor resilience test with a range of 20-30. The padding must cover the bottom surface of the board and the side surface to a distance of 15 inches up from the bottom. The front and back surface must be covered to a minimum distance of ¼ inch from the bottom of the backboard. The padding shall be 1 inch thick from the front and back surfaces of the backboard. The material shall be 2 inches from the bottom edge of the backboard. It is recommended that the padding be

mounted on the backboard by adhesive or material such as Velcro, channel, etc. The padding shall be a single, solid color and shall be the same color on both backboards.

Any backboard support behind the backboard and at a height of less than 9 feet above the floor shall be padded on the bottom surface to a distance of 2 feet from the face of the backboard. All portable backstops must have the bases padded to a height of 7 feet on the court-side surface.

Clearances — As below and behind backboards, all support systems should be at least 8 feet behind the plane of the backboard face and at a height 7 feet or more above the floor.

Any backboard support, all of which is not directly behind the backboard, should be at least 6 inches behind it if the support extends above the top and at least 2 feet behind it if the support extends beyond the side. Any overhead backboard support structure which must be forward braced due to space limitations, architectural or structural restraints, shall meet the following requirements: a front, diagonal-brace system must be located above a line extending upward and into the playing court at a maximum 45-degree angle from a point on a vertical line located a minimum of 6 inches above the basket ring.

Warning on misuse of portable backstops — Manufacturers and administrators should be aware of an "extreme-caution" warning relative to the misuse of portable backstops. A high degree of injury potential and a severe liability problem exists when players or spectators are allowed to hang, sit or stand on the basket ring or backboard. Administrators must see that this practice is eliminated or that the portable units are lowered at the completion of the game. There is a high risk of severe injury, even death, if this practice continues. A recommended warning or inscription such as "Danger — please do not get on the rim/backboard" is desirable.

Each basket shall consist of a single metal ring, 18 inches in inside diameter, its flange and braces, and a white cord 12-mesh net, 15 to 18 inches in length, suspended from beneath the ring. Each ring shall be not more than ⅝ inch in diameter, with the possible addition of small-gauge loops on the edge for attaching a 12-mesh net. The ring and its attaching flange and braces shall be bright orange in color. The cord of the net shall be not less than 120-thread nor more than 144-thread twine, or plastic material of comparable dimensions. It shall be constructed so as to momentarily check the ball as it passes through.

Each basket ring shall be securely attached to the backboard/support system with a ring-restraining device. Such a device shall ensure that the basket stays attached even in the event that a glass backboard breaks. Each basket ring shall have its upper edge 10 feet above and parallel to the floor and shall be equidistant from the vertical edges of the backboard. The nearest point of the inside edge of the ring shall be 6 inches from the plane of the face of the backboard.

Movable and nonmovable rings are legal. Movable basket rings shall have rebound characteristics similar to those of nonmovable rings. The pressure-release mechanism should ensure these characteristics, as well as protect both the ring and backboard. The design of the ring and its construction should be such as to ensure player safety.

For those rings with a lock/release mechanism, the pressure-release mechanism must not disengage until a static load of 230 pounds has been applied to the top of the ring at the most distant point from the backboard. The pressure-release mechanism must be preset by the manufacturer at the required static-load setting and may be sealed or field adjustable. When released, the ring shall not rotate more than 300 below the original horizontal position. After release and with the load no longer applied, the ring shall return automatically and instantaneously to the original position.

CROSS COUNTRY

The cross country run shall be a course 2,500 to 5, 000 meters (1½-3 miles) in length as determined by the meet director or games committee. Measurement shall be along the middle of the course, The course shall be clearly marked. This may be by a wide line marked with a material which is not injurious to the eyes or skin, or by signposts with large directional arrows wherever the course turns. or by flags about 1 foot square and mounted on stakes which hold them 6 feet or more above the ground.

DIAGRAM OF SINGLE CHUTE

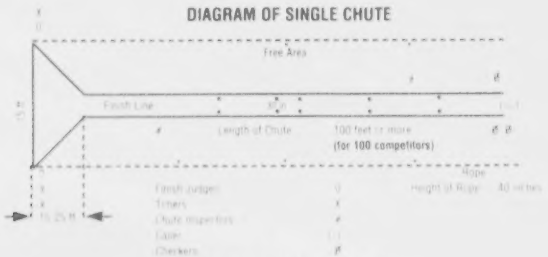
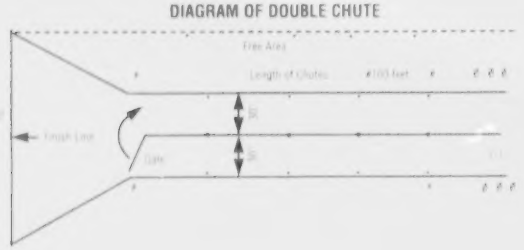


DIAGRAM OF DOUBLE CHUTE



FLAG DESIGNATIONS

A red flag indicates a turn to the left.
A yellow flag indicates a turn to the right.
A blue flag indicates a course straight ahead.

In case of a discrepancy in the course markings, directional flag markings take precedence over any other course markings.

The race course should include the following features:

1. Signs and flags at least 6 feet above the ground should be visible for 100 feet. Turns and guidelines should be marked on the ground with a material which is not injurious to the eyes or skin. The course should be at least 3 feet wide at its narrowest place.

2. No ground obstructions which might cause tripping, turned ankles, etc.. No overhead objects such as tree branches lower than 8 feet above the ground.

3. A 2-inch wide starting line marked at the beginning of a lengthy straightaway, wide enough to accommodate all teams; i.e., a width twice the number of teams multiplied by 3 feet.

4. At the end of the course, a straightaway of at least 150 yards, ending in a rope funnel with a mouth 15 feet wide. The finish line should be at the mouth of the funnel and 15 to 25 feet from the chute. This funnel should narrow to a rope chute about 30 inches wide and at least 100 feet long. The stakes supporting the ropes should be solid enough to permit taut ropes, and the stakes and ropes near the finish line should be well padded. See diagram of single chute for measurements.

NOTE: For large meets, the use of a double chute is recommended. See double-chute diagram for measurements.

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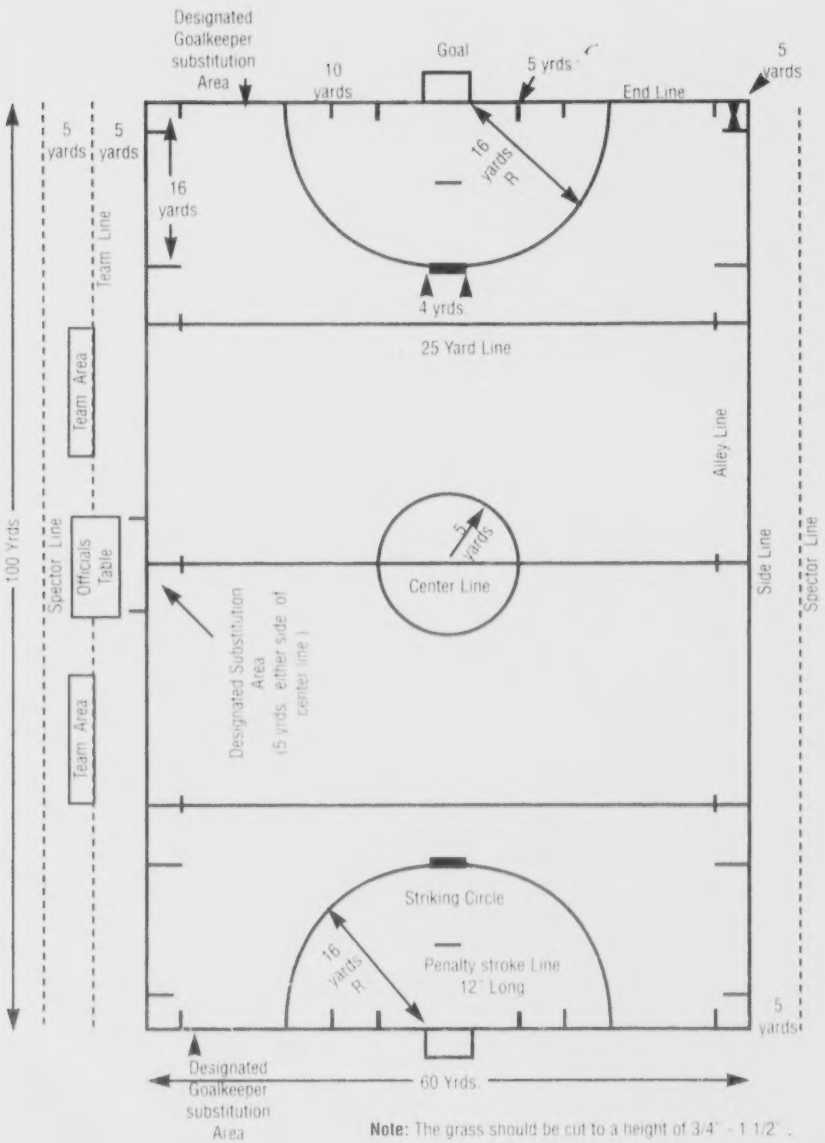
FIELD HOCKEY



Note: The grass should be cut to a height of 3/4" - 1 1/2".

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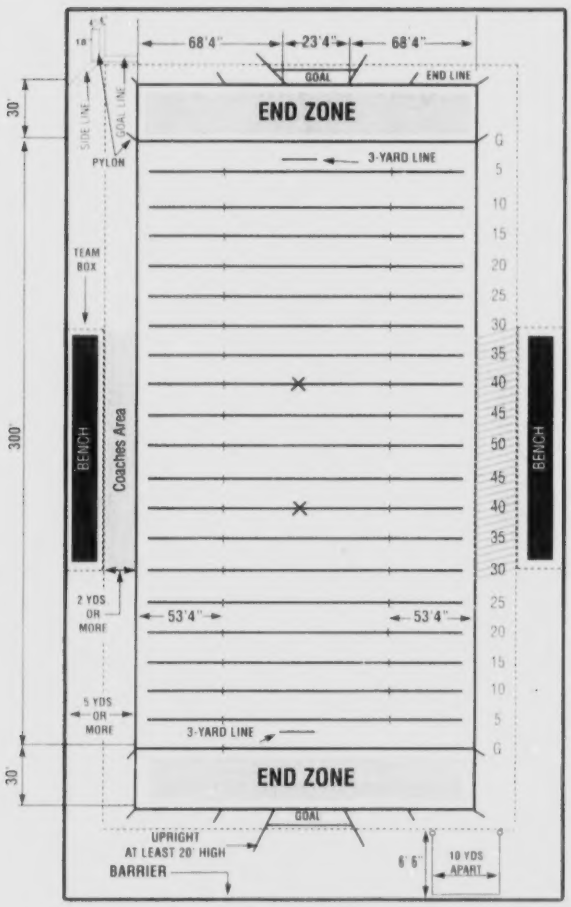
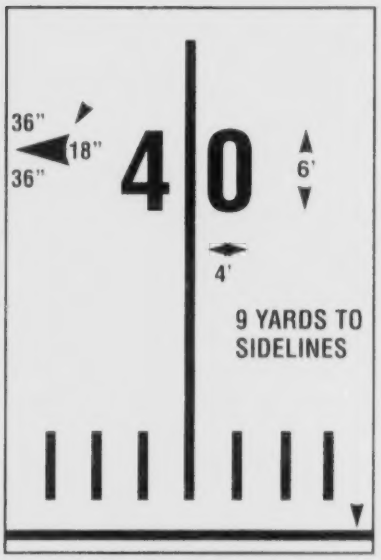
FOOTBALL



ARROWS INDICATING DIRECTION TO NEAREST GOAL LINE PERMITTED



RECOMMENDED YARD-LINE NUMBERING

NOTE: Game administration may place on the field, 4 inches from each sideline, yard-line extensions that should be 24 inches in length and 4 inches in width; and/or, at each yard line, numbers that should be 6 feet in height and 4 feet in width. The tops of the numbers should be 9 yards from the sideline and may include directional arows next to the yard-line numbers indicating the direction toward the nearest goal line.

NOTE: Game administration may place on the field, at the inbounds lines, yard-line extensions that should be 24 inches in length and 4 inches in width.
NOTE: Both team boxes may be on one side between the two 45- and 20-yard lines. End lines and sidelines should be at least 4 inches wide. Other field dimensions should be 4 inches wide.
NOTE: Recommend the area between team boxes and sidelines be solid white or marked with diagonal lines.
NOTE: Inbounds lines should be 24 inches long and 4 inches wide.
NOTE: Recommend the field slope from center to each sideline at ¼-inch per foot
NOTE: A 4-inch wide broken restraining line may be put around the entire field, 2 or more yards from the boundaries.

FIELD MARKINGS, LINES, THE GOAL AND GAME EQUIPMENT

The field shall be a rectangular area with dimensions, lines, zones, goals and markers as shown on the accompanying diagram. It is recommended there be a slope of 1/4-inch per foot from the center of the field to each sideline.

NOTE: The rise from each sideline to the center of the field is 20 inches when the recommended slope is used.

Yard line markers, constructed of soft, pliable materials, if placed on the ground, should be no closer than 5 yards to the sideline.

Lines and other markings:

a. **Lines shall be marked** with a noncaustic material. Neither lime, hydrated lime, or other chemical derivatives of lime, nor caustic material of any kind may be used.

NOTE 1: Powdered gypsum, calcium carbonate and liquid aerosol paint designed for marking playing fields and containing only non-toxic material, meet the specifications or qualifications for marking football fields.

NOTE 2: Game administration may place on the field, 4 inches from each sideline, yard-line extensions that should be 24 inches in length and 4 inches in width; and/or, at each 10-yard line, numbers that should be 6 feet in height and 4 feet in width. The tops of the numbers should be 9 yards from the sideline and may include directional arrows next to the yard-line numbers indicating the direction toward the nearest goal line.

b. **End lines and sidelines** shall be continous lines at least 4 inches wide. All other field dimension lines should be marked 4 inches in width. All yard lines inside the boundaries shall stop 4 inches from each sideline.

NOTE 1: It is permissible for both team boxes to be on the same side of the field, provided each team box is marked between respective 20-yard and 45-yard lines.

NOTE 2: It is recommended goal lines and the team box boundaries be marked in a color which contrasts with other field markings and the area between the sidelines and the team box boundaries be solid white or marked with diagonal lines.

NOTE 3: Game administration may place a 4-inch wide broken restraining line around the outside of the playing field, 2 or more yards from the sidelines and end lines, as an extension of the lines limiting the team box area for purpose of aiding game officials with unobstructed operating area near the boundaries.

c. **Inbounds lines "a series of hash marks"** should be 24 inches in length and 4 inches in width and shall be located 53 feet, 4 inches from and parallel with each sideline dividing the field longitudinally in thirds. The inbounds lines shall be marked so that the yard line bisects the hash mark.

d. **Team boxes** shall be marked on each side of the field outside the coaches' area between the 30-yard lines for use of coaches, substitutes, trainers etc., affiliated with the team. The coaches' area is a 2-yard belt between the front of the team box and the sideline.

e. **Decorative markings** in the end zones shall be no closer than 2 feet to boundary and goal lines. Advertising and/or commercial markings on the field are prohibited.

Measurements shall be from the inside edges of the boundary marks, such marks being out-of-bounds.

Each goal line mark shall be entirely in its end zone so the edge toward the field of play and its vertical plane is the actual goal line. The goal line shall extend from sideline to sideline.

A soft, flexible pylon, which shall not constitute a safety hazard, 4 inches square and 18 inches high, orange or red in color, shall be placed at the inside corner of each of the intersections of the sidelines with the goal lines and the end lines, as well as with each intersection of the inbounds lines extended and the end lines. When properly placed, the goal line pylon is out-of-bounds at the intersection of the sideline and the goal line extended.

The goal:

a. **The goal** is the vertical plane midway between the sidelines extending indefinitely above the inside of the uprights and crossbar and in the same vertical plane as the inside edge of the end line.

b. **The top edge of the crossbar** shall be 10 feet above the ground, measured from the base of each upright to the top of the crossbar at the intersection, or at each end of the crossbar perpendicular to the ground when a single pedestal is used.
c. **The crossbar** shall be 23 feet 4 inches long.
d. **The uprights shall be** 23 feet 4 inches apart inside to inside and each upright may not exceed 4 inches in width.
e. **The uprights shall extend** a minimum of 10 feet above the crossbar.
f. **The goal posts shall be padded** with resilient, shock absorbing material to a height of at least 6 feet above the ground.

NOTE: It is permissible to use college or professional fields with goal post uprights set at the distance specified by their respective codes.

The horizontal crossbar and the uprights above it shall be free from any decorative material except paint. One wind directional streamer may be attached to the top of each upright. Wind directional streamers shall be 4 inches in width, 42 inches in length and shall be red or orange in color.

Either a yardage chain which joins two rods exactly 10 yards apart or any other 10-yard measuring device with a visible line-to-gain indicator and a down marker shall be provided by game management.

The measuring device shall be used to fix the line to gain and the down marker shall be used to mark the spot of the ball and indicate the number of the down in a series. The game officials shall check the measuring device for accuracy prior to the start of the game.

The measuring device and down marker shall be operated throughout the game outside and within 6 feet of the sideline on the side of the field opposite the press box, if there is one. If there is no press box, the location will be specified by game management at the request of the linesman. The measuring device shall be removed from the sideline when the line to gain is the goal line.

An unofficial auxiliary down indicator may be used on the sideline opposite the official measuring device and down marker, and will be operated outside and within 6 feet of the sideline. Unofficial line-to-gain ground markers may be positioned off the sidelines on both or on either side of the field.

All yardage measuring devices and down indicator rods shall have flat lower ends covered by a protective cap.

NOTE: It is recommended that the members of the crew wear distinctive vests or jackets to be furnished by home or game management.

A timing device referred to as "the game clock" or "the clock" shall be provided by the game management. The operator(s) shall be approved by the referee.

Supplementary equipment to aid in game administration may be used if authorized by the state association.

BOYS GYMNASTICS

MATTING — The working area of all events except vaulting shall be padded with at least 1¼ inches +/- ¼ inch of matting. The landing areas on rings, vaulting, parallel bars and horizontal bar shall bepadded with at leastone base mat(1¼" +/- ¼") and one landing mat(4" +/- ½). Total mat thickness shall not exceed 12 inches. Exeption: manufactured sting mats. When purchasing new landing mats, it is recommended that 8 feet x 12 feet x at least 3¼ inches mats be purchased. During horizontal bar exercise, except for the dismount, an additional skill cushion (8-inch mat) may be used.

FLOOR EXERCISE — The floor exercise area shall be a square padded area measuring 39 feet, 4½ inches x 39 feet, 4½ inches (I2 m x 12 m) but not to exceed 40 feet x 40 feet (I 2.192 m x 12.192 m). When new, mats shall be at least 1 inch in thickness. No mats shall be placed on top of the floor exercise mat, i.e., sting mat.

POMMEL HORSE — The distance from the floor to the top of the horse body shall be 45¼ inches +/- ⅛ inch (1,150 mm +/- 3 mm). The distance from the floor to the top of the pommels shall be 50 inches +/- 3/16 inch (1,270 mm +/- 4 mm). The distance between the pommels shall be adjustable to any position from 15¾ inches to 17¾ inches (400-450 mm) without set intervals. Flat pommels are required for the pommel horse. The grip of the pommels shall be wood or similar, suitable material. The covering of the horse body shall be of top quality leather or other similar, suitable materials with a padded material between the covering and the horse body. Floor contacts shall be of a non-marking rubber or similar material.

RINGS — The rings shall be attached at a point 216½ inches +/- ⅜ inch (5,500 mm +/- 10 mm) above the floor. The weight of each attached swivel shall not exceed 21¼ ounces. The distance from the floor to the lower outside edge of the ring shall be 104-107¼ inches (2,640-2,725 mm maximum).

The rings may be attached permanently to an elevated location in a gymnasium or suspended on a ring frame. A ring frame shall be secured by four guy cables, each having an adjustable turnbuckle. Each cable shall be a minimum of ¼ inch in diameter and all cable hardware shall be a minimum tensile strength of 1,323 pounds. Ring frame uprights shall be a minimum of 110¼ inches +/- ⅜ inch (2,800 mm +/- 10 mm) apart. Floor contacts shall be of a non-marking rubber or similar material. Metal tubing is an acceptable alternative for guying.

The rings shall be spaced 18 to 19 11/16 inches (457-500 mm) apart. The rings shall be made of unfinished hardwood or other similar, suitable material and the adjusting straps shall be webbing. Hanging cables shall be a minimum of ¼ inch diameter steel with a minimum tensile strength of 1,323 pounds.

A test weight of 297.6 pounds applied in the center of the horizontal cross beam at the top (from which the rings are suspended) must produce a maximum sag of 3/16 inch. This bar must return to the straight position when the weight is removed.

The suspension cables and swivel hardware shall be tested under a weight of 661.38 pounds without deformation or failure of the parts tested.

The ring shall be subjected to a load of 551.15 pounds applied to the ring over an area approximately equal to the width of a hand without showing permanent deformation.

VAULTING — The distance from the floor to the top of the horse shall be 53⅛ inches +/- ⅛ inch (1,350 mm +/- 9.7 mm).

The body of the long horse shall be of the same size and shape as the pommel horse. If the pommel horse is used, pommel securing holes shall be covered or filled in. Floor contacts shall be of a non-marking rubber or similar material.

A minimum distance of 60 feet shall be provided for the run-up (including the length of the vaulting board). The use of rubber or other suitable material for the run-up is recommended. A run-up strip at least 60 feet long and no more than 1½ inch thick is required for vaulting.

The entire top surface of the vaulting board shall be covered with a non-slip material. A vaulting board pad may be used and secured to the board. The vaulting board may be of any material provided the crown is no more than 11 inches, including the pad.

The horse shall be placed lengthwise. The distance from the horse to the vaulting board is left to the discretion of the gymnast. The host school shall place lines on the floor to mark the position of the horse and to indicate the 39 inches (1 m), 57 inches (1.5 m), 78 inches (2 m) and 98 inches (2.5 m) vaulting distances. The measurement shall be made from the landing end of the horse.

PARALLEL BARS — The distance center to center between the cylinders down the length of the bars shall be 90 9/16 inches +/- 1/8 inch (2,300 mm +/- 3 mm). The width between the bars shall be 18 1/8 inches to 20 1/2 inches (480-520 mm).

The height from the floor to the top of the bars shall be 68 15/16 inches +/- 3/16 inch (1,750 mm +/- 5 mm). Provision may be made to raise the bars an additional 4 inches (10.16 cm).

The distance from the top of the cylinders to the top of the bars shall be not less than 27 5/8 inches when bar is set at 68 15/16 inches +/- 3/16 inch (1,750 mm +/- 5 mm) above the floor. The bars shall be 137 13/16 inches +/- 1/8 inch in length.

Floor contact shall be of a non-marking rubber or similar material.

The base of the parallel bars shall be covered with protective mats where necessary to prevent injuries during use.

The top bars shall be constructed of multi-laminated wood or similar, suitable material.

With the top bars set at a height of 55 1/8 inches from the floor to the top of the bar, a test weight of 297.6 pounds applied to the middle of each bar shall produce a dip of 2 1/8 inches +/- 1/4 inch. When the test weight is removed, the bar must return to the straight position with no change in shape and with no defects in the bar.

HORIZONTAL BAR — The crossbar shall be 1.102 inches +/- .0039 inch (28 mm +/- .1 mm) in diameter and shall have a minimum tensile strength of 199, 127 psi. The length of the bar from the pivot point to pivot point shall be 94 1/2 inches +/- 1/16 inch (2,400 mm +/- 2 MM).

The distance from the floor to the top of the bar shall be 104-108 1/4 inches +/- 1/8 inch (2,650-2,750 mm +/- 10 mm) whenever possible. The distance between the uprights shall be not less than 94 1/2 inches at any point.

For all competition, the guying cables shall be a minimum of 1/4 inch in diameter. Turnbuckles shall be attached to all four cables for adjustment. All guying hardware shall be a minimum tensile strength of 1,323 pounds. When used, floor plates shall be spaced at 216 3/16 inches +/- 3/4 inch (5,500 mm +/- 20 mm) across the width of the unit and shall be spaced at 157 1/2 inches +/- 9/16 inch (4,000 mm +/- 15 mm) down the length of the unit. The cables must be attached to the top of the uprights +/- 2 inches from the point where the bar is suspended. Metal tubing is an acceptable alternate for guying.

With the bar set at a height of 98 7/16 inches (2,550 mm) from the floor to the top of the bar, a test weight of 485 pounds placed in the middle of the bar shall produce a dip of 3 15/16 inches +/- 3/8 inch. After the weight is removed, the bar should return to its original position.

GIRLS GYMNASTICS

VAULTING — The height of the horse shall be 47¼-49¼ inches (1,200-1,250 mm), measured from the floor to the top of the horse at the saddle. The vaulting horse should be placed on the floor. If the equipment does not meet the required height, the designated official will raise or lower the horse closest to regulation height.

The landing area shall be a minimum of 18 feet by 6 feet and shall be padded with a minimum of one base mat (at least 18' x 6' x 1¼" + +/- 1") and one landing mat (at least 12' x 6' x 3¼" +/- ½"). A single 5 inches to 10 inches (+/- ½") non-slip landing mat may be used without a base mat underneath it. If this landing mat is only 12 feet long, there must be an additional 6 feet of matting at least 6 feet wide and 1¼ inches thick. The top landing mat shall be secured to prevent slippage. The total padding shall not exceed 10 inches (+/- ¾").

The vaulting board shall be 48 inches (1,220 mm) long. The width shall be 24¼ inches (630 mm) and the crown height shall not exceed 11 inches, including the covering. The vaulting board shall be placed on the gymnasium floor or on the run-up strip.

There shall be a run-up strip which provides a flat, non-slip, consistent surface, free of cracks, obstructions and ~untaped seams. It shall be no more than one inch thick (+/- ¼") and a minimum of 60 feet long.

UNEVEN PARALLEL BARS — The height of the upper rail shall be at least 88 inches (2,250 mm +/- 10 mm) measured from the top of the rail to the floor. The height of the lower rail shall be at least 58 inches (1,450 mm +/- 10 mm) measured from the top of the rail to the floor. The bar shall be placed on a level and stable foundation with fastenings to the floor or ground where possible. If fastening is not possible, the base shall be suitably weighted to prevent movement.

The rails shall be constructed of multi-laminated wood (unvarnished) or of fiberglass which is properly covered. Both rails shall be the same shape and of the same material. Beginning with the 2000-01 season, round fiberglass rails are required.The rails shall not be altered by any foreign substance except water and gymnastics chalk.

The bars (including the spread between the rails) may be set to the gymnast's preference provided the low rail is not lower than 58 inches (1,450 mm +/- 10 mm) and the high rail is not lower than 88 inches (2,250 mm +/- 20 mm). The rails shall be capable of extending to at least 47.2 inches (1,200 mm +/- 10 mm).

The working and dismount area of the bars shall be padded with a minimum of one base mat (1¼" +/- ¼") and one landing mat (long enough to cover the entire area under the beam and 3¼" +/- ½" thick) both at least 6 feet wide. A single, non-slip 5 inches to 10 inches (+/- ½") landing mat at least 6 feet wide, may be used without a base mat underneath it. The working area is the area underneath the rails and the area in front and back of the rails over which the gymnast passes during her routine. Total padding shall not exceed 10 inches.

Gymnasts may mount the apparatus from a maximum of 10 inches of padding when mounting without the aid of a board.

BALANCE BEAM — The height of the beam shall be 47½ inches +/- ½ inch (1,200 mm) measured from the floor to the top of the beam. The length shall be 16 feet, 4 inches (5,000 mm). The beam shall be covered with a cross section of: thickness at widest part, 5⅛ inches (130 mm) and 3¹⁵⁄₁₆ inches (100 mm) at upper and lower margins; depth, 6⅜ inches (160 mm). The beam shall be placed on a level and stable foundation. The support should be constructed to provide maximum stability and not to interfere with the performer in any way.

The entire area under the beam shall be padded with a minimum of one base mat (1¼" +/- ¼") and one landing mat (long enough to cover the entire area under the beam and 3¼" +/- ½" thick) both at least 6 feet wide. A single 5 inches to 10 inches non-slip landing mat may be used without a base mat under-

neath it. The dismount area also shall be padded with at least one base mat and one landing mat. An area at least 12' long and 6' wide at each end of the beam not used for a dismount shall be matted (beginning with 1994-95 season, the matting shall include at least one base mat and one landing mat). Total matting shall not exceed 10 inches.

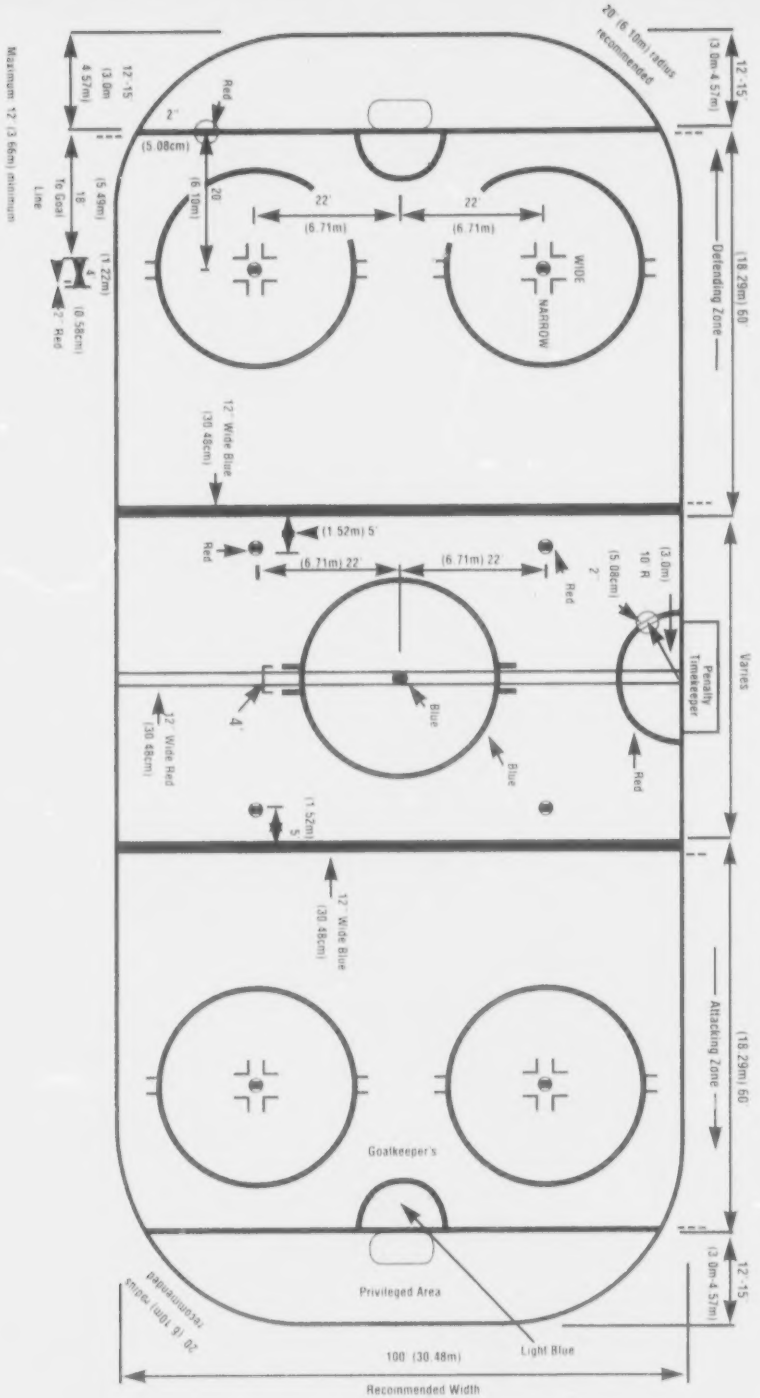
FLOOR EXERCISE — The dimensions of the padded competitive area shall be between 39 feet, 4½ inches (12 m) +/- 1 inch x 39 feet, 4½ inches (12 m) +/- 1 inch and 40 feet x 40 feet, clearly marked with solid lines in an area of at least 45 feet, 11 3/16 inches (14 m) x 45 feet, 11 3/16 inches (14 m). The competitive area should be a smooth surface. When new, the mat shall be at least one inch thick. If the mat is covered by another material, it shall be taut in order to prevent wrinkles and uneven surfaces.

The surface of the floor exercise mat should be in one piece. If this is not possible, each of the individual sections shall be fastened together securely.

There shall be a competitive boundary marker at least one inch wide and in a contrasting color to the floor exercise mat.

The floor exercise mat shall be measured from the outer edges of the boundary line.

ICE HOCKEY



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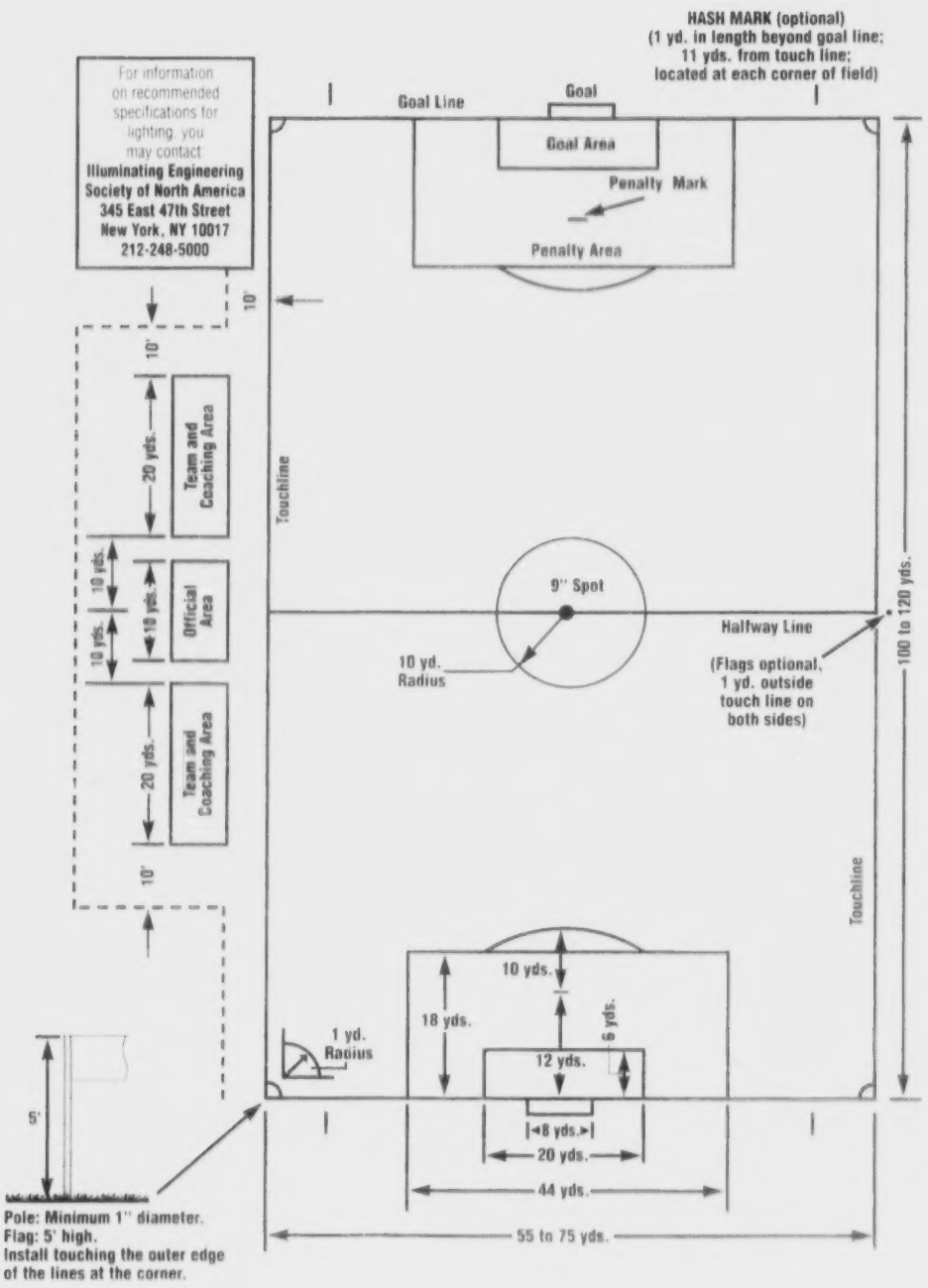

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SOFTBALL

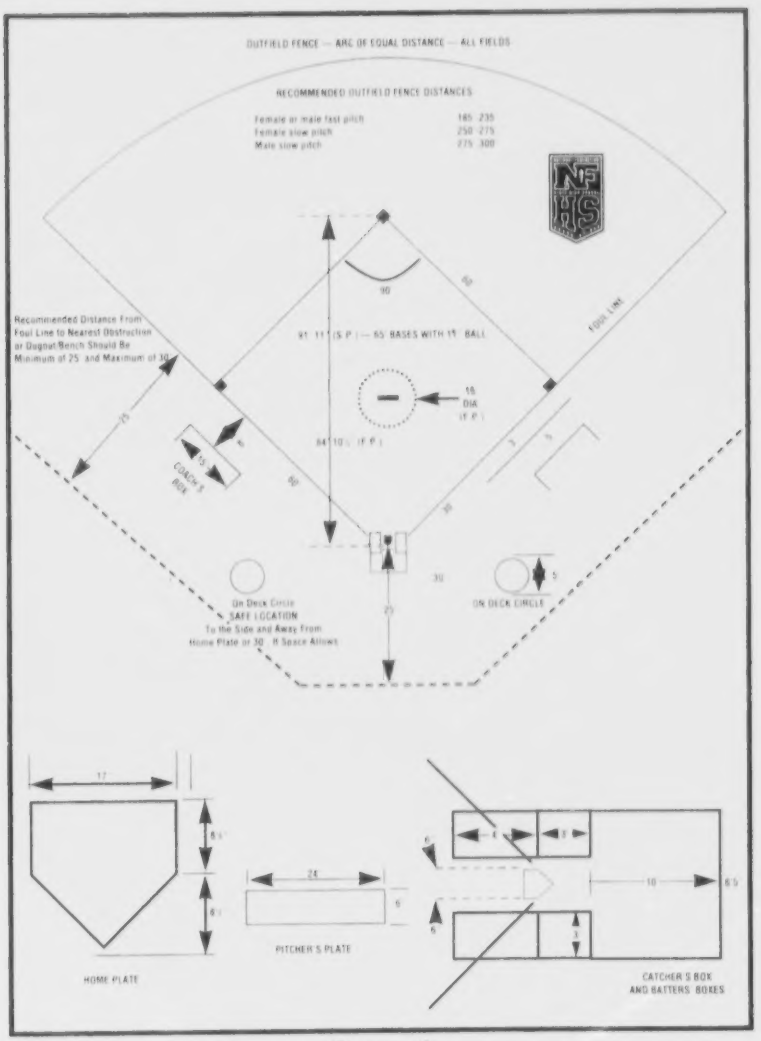
OUTFIELD FENCE — ARC OF EQUAL DISTANCE — ALL FIELDS
RECOMMENDED OUTFIELD FENCE DISTANCES
Female or male fast pitch 185 235
Female slow pitch 250 275
Male slow pitch 275 300
Recommended Distance From Foul Line to Nearest Obstruction or Dugout Bench Should Be Minimum of 25 and Maximum of 30
FOUL LINE
COACH'S BOX
On Deck Circle SAFE LOCATION To the Side and Away from Home Plate or 30 If Space Allows
ON DECK CIRCLE
HOME PLATE
PITCHER'S PLATE
CATCHER'S BOX AND BATTERS' BOXES

Diagram 2

When laying out the softball diamond, it is recommended that the line from home plate through the pitcher's plate to second base run east-northeast.

28

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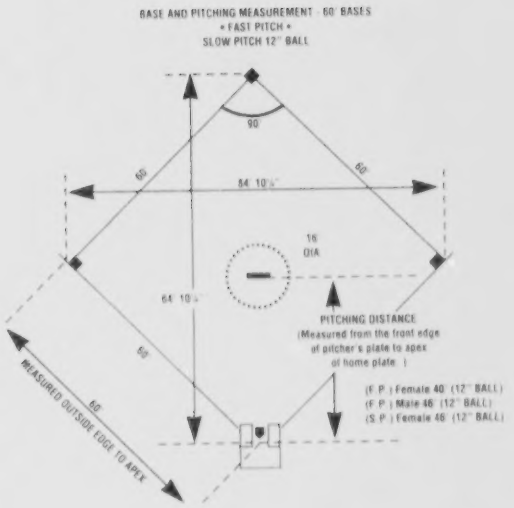
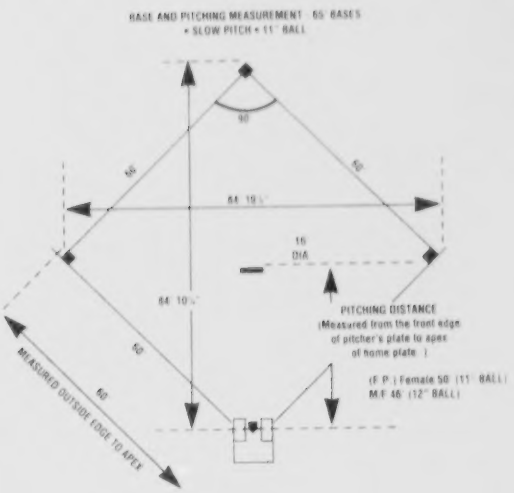


Diagram 4



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SWIMMING AND DIVING

The swimming pool shall be either 75 feet long (22.860 m) or 82.021 feet (25 m), measured from the inside walls or from the tile or timing devices attached to the walls, and at least 45 feet wide (13.716 m). A pool 60 feet wide (18.288 m) is recommended. It is recommended that water depth be a minimum of 3 feet, 6 inches (1.0668 m).

The bottom and walls of pools constructed or refinished shall be white or a light color. Continuous lines at least 12 inches wide (.3048 m) and of a dark color, shall indicate the middle of each swimming lane. It is recommended these lines end 60 inches (1.524 m) from the end walls and the last 12 inches (.3048 m) of the line be 36 inches wide (.9144 m) thus forming a broad "T". The center of each lane shall be indicated on the end walls by a 12-inch (.3048 m) line extending vertically at least 3 feet, 6 inches below (1.0688 m) the surface of the water. Markings on the finish pad and bulkheads shall conform to required markings on the end walls. Visible numbers identifying the lanes shall be provided.

End walls, and movable bulkheads serving as end walls, shall be parallel and vertical for a distance of 3 feet, 6 inches below (1.0668 m) the overflow level of the water, with no protrusions below the surface. Touch pads for automatic timing may be used if they do not shorten the race course beyond minimum specifications. It is recommended end walls be finished with a non-slip surface. In newly constructed pools, it is recommended that inlets on the end walls be at least 2 feet, 6 inches below the surface of the water.

Pools constructed with a radius transition from vertical wall to horizontal bottom meet this rule specification provided the 3 feet, 6 inches depth requirement is met within the 12-inch distance measured out from the end wall.

All ladders, steps or stairs shall be recessed into side walls or easily removed for competition. One hundred foot-candies of lighting at water level is recommended.

The top edge of deck level pools shall be marked with a dark color which is distinct from surrounding colors to provide the swimmer with a visual target. It is recommended the end walls extend at least 2 inches (5.08 cm) above the normal flat surface of the water.

Lane markers shall be continuous, clearly visible floats which indicate the lateral limits of each lane. They shall be attached to and stretched between the end walls, anchored at surface water level in a recessed receptacle. It is recommended there be solid-color floats within 15 feet (4.572 m) of both end walls in contrast with the center portion of the lane markers. The width of the lanes shall be a minimum of 7 feet (2.134 m). The two lanes next to the side walls may be wider-, in such pools, outside lane markers are recommended.

Starting platforms, numbered the same as the lanes, are required (except as described below). The top front edge of the platform and backstroke grips shall be no more than 30 inches (.762 m) above the water level and flush with the pool end wall. The top surface shall be flat with the back-to-front slope not exceeding 10 degrees from the horizontal. It is recommended the top be a minimum of 20 inches square (.508 m) and covered with a non-skid material.

In pools with water depth 3 feet, 6 inches to 4 feet at the starting end (measured at the end wall or any point within 12" of the end wall), the starting platforms shall be no more than 18 inches above the water surface, or the swimmers shall start from the deck or in the water.

In pools with water depth less than 3' 6" in the starting end, the swimmers must start in the water.

Backstroke flag lines, suspended 7 feet (2.134 m) above the surface of the water of each lane and 15 feet (4.572 m) from each end wall, shall be required for all events in which the backstroke is swum. At least three pennants of two or more alternating colors shall hang frorii the line over each lane. The pennants shall be 6 inches to 12 inches wide (15.25 — 30.48 cm), and 12 inches to 18 inches long (30.48 — 45.72 cm).

A visual lap-counting system for the 500 yard/meter freestyle event shall be required for each lane. The system shall consist of a sufficient number of white cards with 12-inch (.3048 m) tall, black, odd, ascending numerals and one solid fluorescent orange card, with or without a numeral.

Timing devices, whether manual, semi-automatic or automatic, shall be calibrated to one-

hundredth (.01) of a second. The touch pads for automatic timing shall be centered in the lanes.

NOTES: The diving pool may be separate from or part of the swimming pool. The end of the board to the anchoring pool wall shall be at least 6 feet (1.829 m), with a minimum clearance of 8 feet (2.438 m) between boards and at least 10 feet (3.048 m) from a board to the pool side wall. The distance from the end of the board to forward pool wall shall be at least 29 feet (8.839 m), and the distance from the top of the board at the take-off end to the ceiling overhead shall be at least 16 feet (4.877 m). The above measurements are recommended for one-meter diving.

Water depth at any point 2 to 5 feet in front of the end of the board shall be 10 feet (3.048 m) with 12 feet (3.658 m) or more preferred. Pools constructed after January 1987 must have a water depth of 12 feet or more.

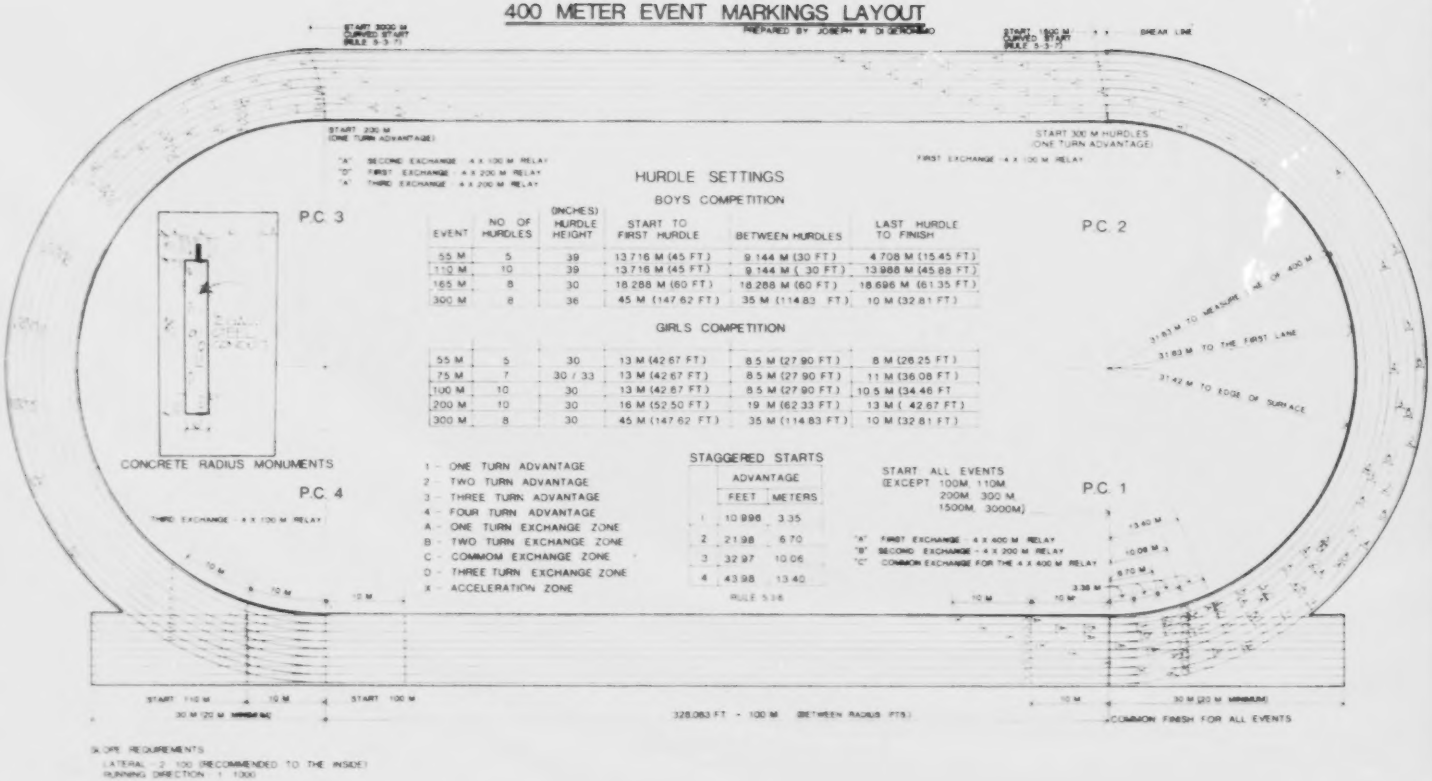
The maximum depth reduction rate of diving pools which do not exceed minimum depth requirements shall be 6¼ percent for a distance of 20 feet (6.096 m) forward and 6 feet (1.829 m) back and to the sides. Deeper pools may have proportionally steeper depth reduction rates.

The diving board shall be horizontal and 1 meter (+/- 5 cm) above the water surface, measured from the top of the board. The board shall be 16 feet (4.877 m) long and 20 inches (.508 m) wide, and the entire top surface shall be covered with a non-skid material.

A fulcrum, which can be moved and set at varying positions between 5 feet, 6 inches and 7 feet, 6 inches (1.676 m and 2.286 m) from the rear of the diving board, is required. However, it is permissible to limit the range of movement of the fulcrum if the diving facility does not conform to one or more of the recommended specifications previously stated. The board shall remain horizontal with the fulcrum in any position.

A water agitation system is recommended which produces water surface agitation extending for 5 feet (1.524 m) beyond the end of the board with a width of 2 feet (.6096 m).

400 METER EVENT MARKINGS LAYOUT



HURDLE SETTINGS

BOYS COMPETITION

EVENT	NO. OF HURDLES	(INCHES) HURDLE HEIGHT	START TO FIRST HURDLE	BETWEEN HURDLES	LAST HURDLE TO FINISH
55 M	5	39	13.716 M (45 FT.)	9.144 M (30 FT.)	4.708 M (15.45 FT.)
110 M	10	39	13.716 M (45 FT.)	9.144 M (30 FT.)	13.988 M (45.88 FT.)
165 M	8	30	18.288 M (60 FT.)	18.288 M (60 FT.)	18.696 M (61.35 FT.)
300 M	8	36	45 M (147.62 FT.)	35 M (114.83 FT.)	10 M (32.81 FT.)

GIRLS COMPETITION

55 M	5	30	13 M (42.67 FT.)	8.5 M (27.90 FT.)	8 M (26.25 FT.)
75 M	7	30 / 33	13 M (42.67 FT.)	8.5 M (27.90 FT.)	11 M (36.08 FT.)
100 M	10	30	13 M (42.67 FT.)	8.5 M (27.90 FT.)	10.5 M (34.46 FT.
200 M	10	30	16 M (52.50 FT.)	19 M (62.33 FT.)	13 M (42.67 FT.)
300 M	8	30	45 M (147.62 FT.)	35 M (114.83 FT.)	10 M (32.81 FT.)

1 - ONE TURN ADVANTAGE
2 - TWO TURN ADVANTAGE
3 - THREE TURN ADVANTAGE
4 - FOUR TURN ADVANTAGE
A - ONE TURN EXCHANGE ZONE
B - TWO TURN EXCHANGE ZONE
C - COMMOM EXCHANGE ZONE
D - THREE TURN EXCHANGE ZONE
X - ACCELERATION ZONE

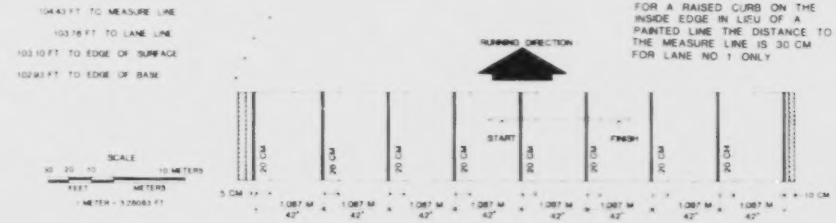
STAGGERED STARTS

	ADVANTAGE	
	FEET	METERS
1	10.996	3.35
2	21.98	6.70
3	32.97	10.06
4	43.98	13.40

RULE 5.16

"A" FIRST EXCHANGE - 4 X 400 M RELAY
"B" SECOND EXCHANGE - 4 X 200 M RELAY
"C" COMMON EXCHANGE FOR THE 4 X 400 M RELAY

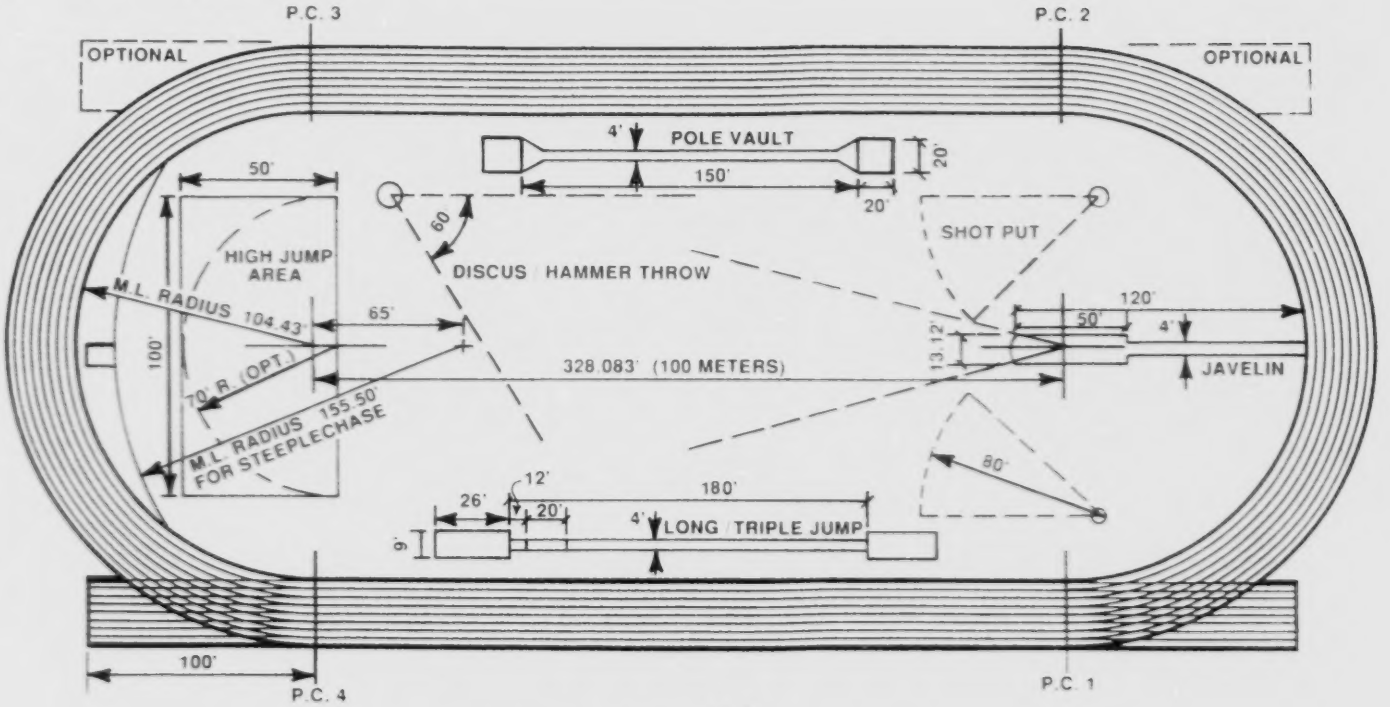
SLOPE REQUIREMENTS
LATERAL - 2 100 (RECOMMENDED TO THE INSIDE)
RUNNING DIRECTION - 1 1000



NOTE:
FOR A RAISED CURB ON THE INSIDE EDGE IN LIEU OF A PAINTED LINE THE DISTANCE TO THE MEASURE LINE IS 30 CM FOR LANE NO 1 ONLY

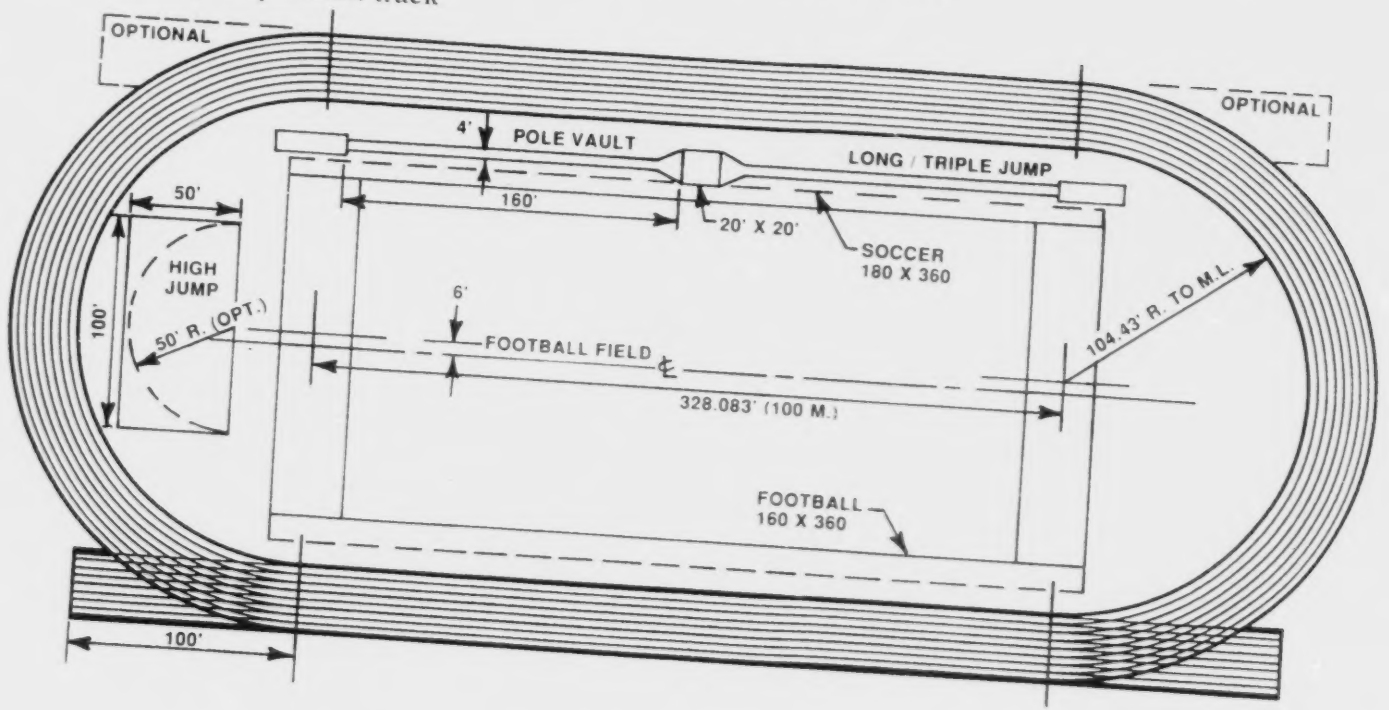
TRACK USE ONLY

Note: For equal quadrant track



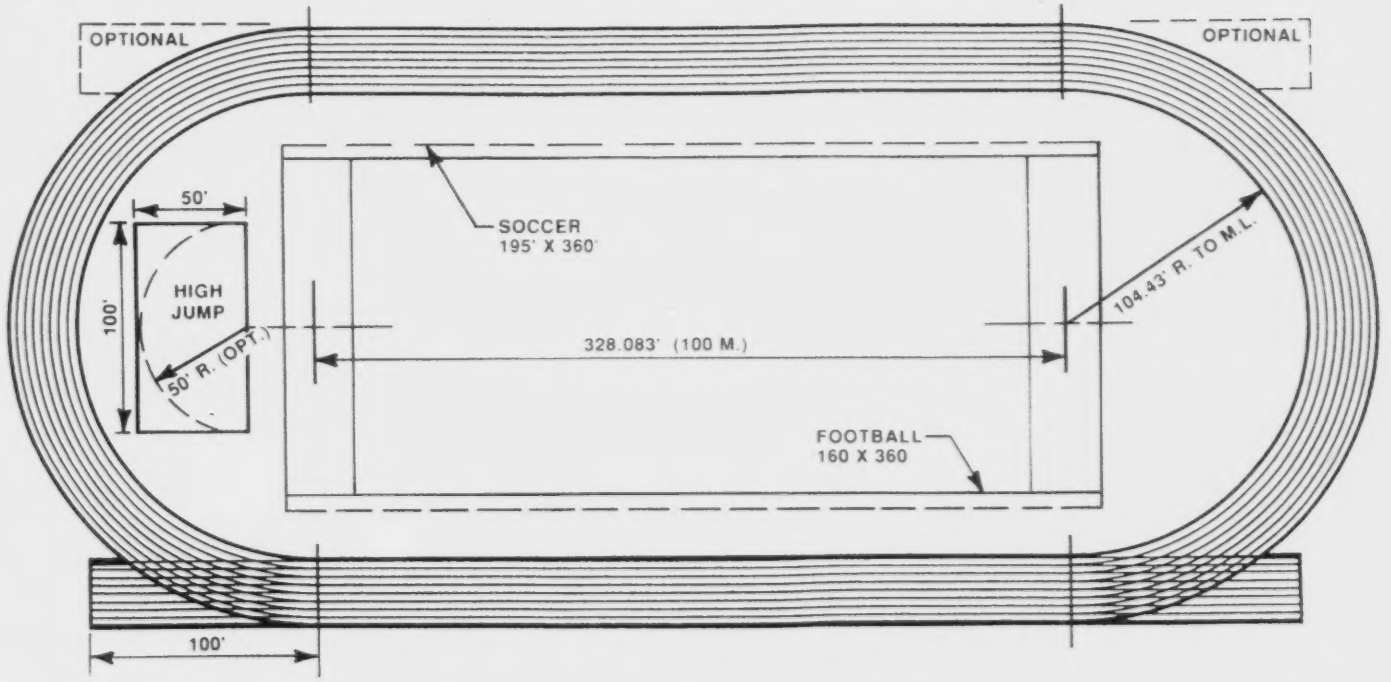
RUNWAYS ON BACK STRAIGHT

Note: For equal quadrant track



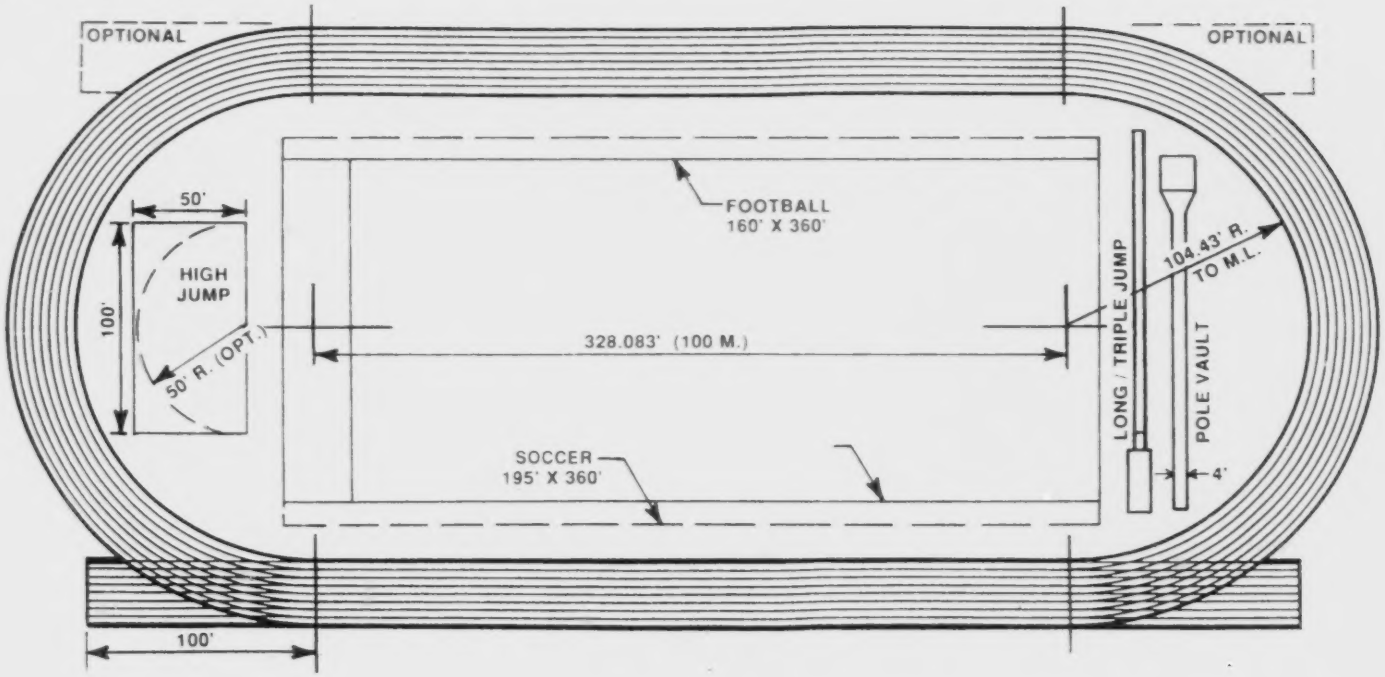
RUNWAYS OUTSIDE OF TRACK

Note: For equal quadrant track

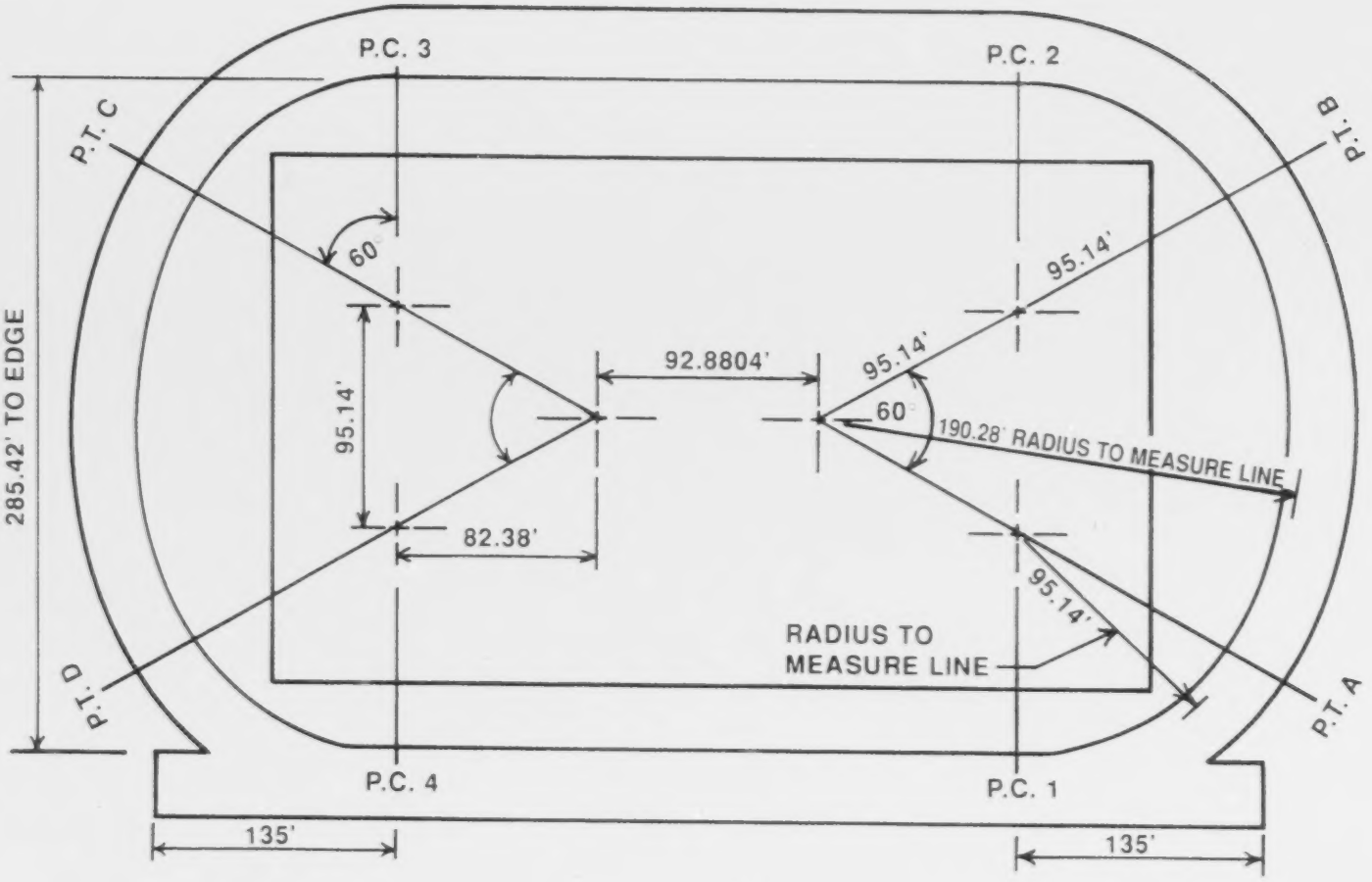


RUNWAYS INSIDE CURVE

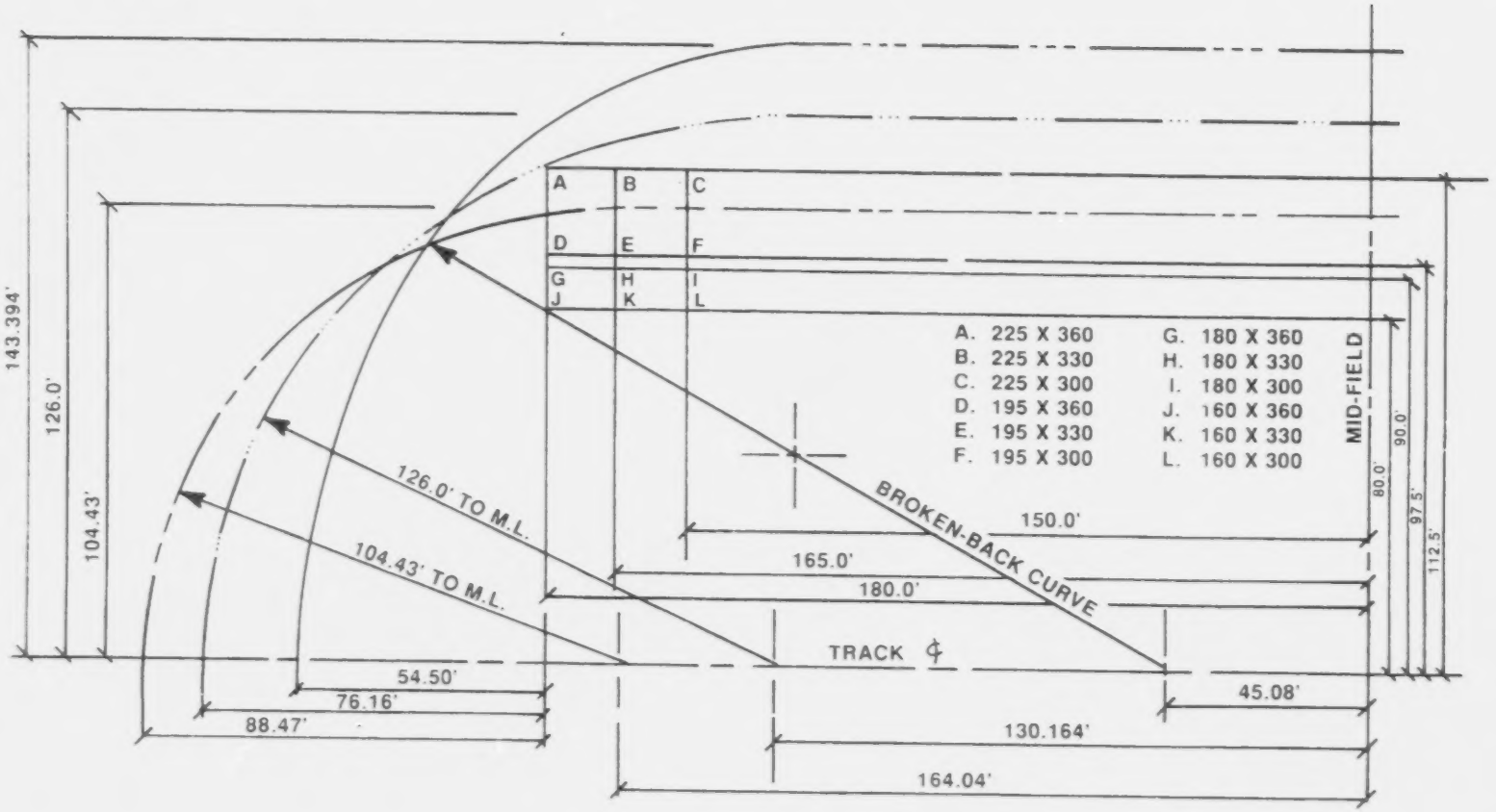
Note: For equal quadrant track



INTERNATIONAL BROKEN-BACK CURVE



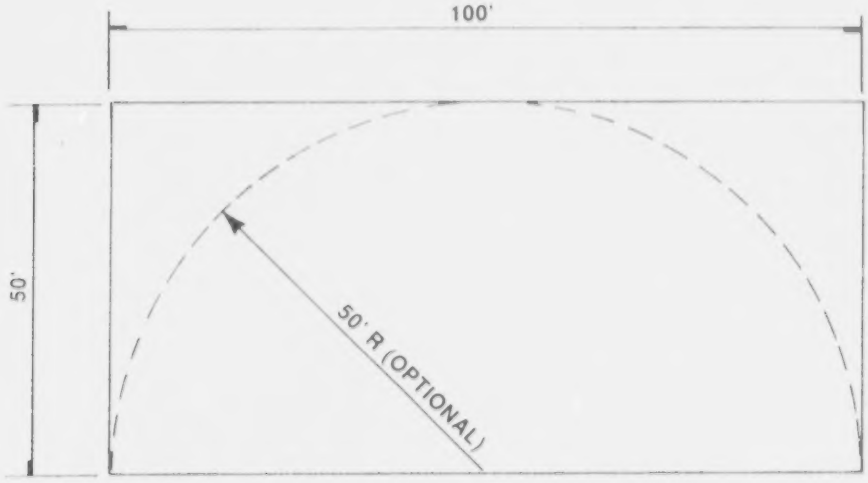
TRACK / PLAYING FIELD CONFIGURATION



CONVERTING MANUAL TIMES TO FULLY AUTOMATIC TIME

The NFHS formula for converting Manual Time (MT) to Fully Automatic Time (FAT):

Hand-held times are rounded-up to the slower 1/10th of a second before adding the conversion factor of .24 seconds, between fully automatic timing (FAT) and manual timing (MT), which must be used when converting times (i.e., MT + .24 = FAT).



HIGH JUMP — The inclination in the high jump approach shall not exceed 1:100 (1%).

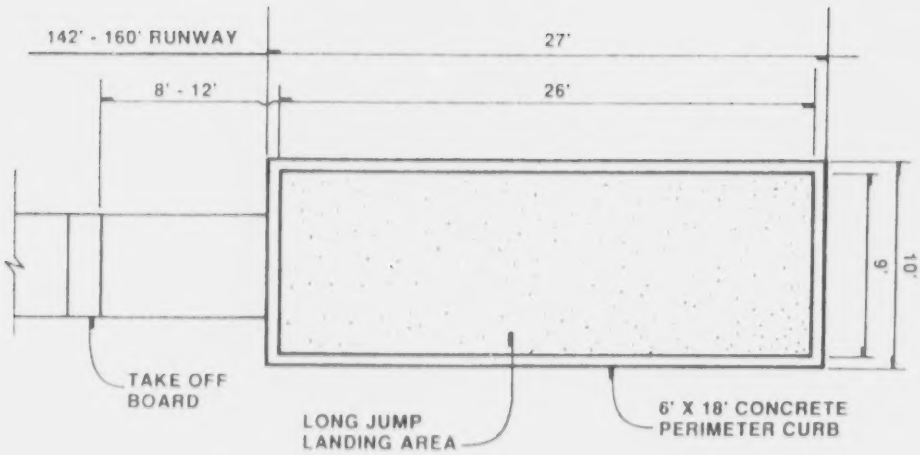
The approach shall consist of a semicircle of level and unvarying surface. The center of the semicircle or rectangle is to be the midpoint between the standards. The depth of the approach should be a minimum of 50 feet.

The landing pad shall not be less than 16 feet (4.80 m) wide by 8 feet (2.40 m) deep. The material in the pad shall be high enough and of a composition that will provide a safe landing. The rules committee strongly recommends the use of 24 inches (60 cm) of foam rubber or shock-absorbing synthetic soft material or an encased commercially compressed foam rubber mattress at least 18 inches (45 cm) thick. When the landing pad is made up of two or more sections, they shall be attached or include a common cover or pad extending over all sections. Hard and unyielding surfaces, such as concrete, wood or asphalt, that extend out from beneath the sides and back of the high-jump landing pad shall be padded with a minimum of 2-inch dense foam or other suitable material.

NOTE: It is recommended that any excess material such as asphalt or concrete that extends out from beneath the side or back of the landing pad be removed.

The upright standards which support the crossbar shall be at least 12 feet apart. The platforms which support the crossbar shall be rectangular planes 1½ inches by 2¾ inches. The long dimensions shall point toward the opposite upright so that it will be parallel to the crossbar. There may be an extension of the standard above the crossbar. The base of the standards shall not be moved during the competition, and its position should be marked with tape prior to the start of competition.

The crossbar shall not be less than 12 feet (3.66 m) or more than 14 feet, 10 inches (4.52 m) in length, of uniform thickness and shall have a weight of not more than 5 pounds. It may be square with beveled edges and not more than 1¼ inches in thickness; or triangular with each face not more than 1¼ inches; or circular with a diameter of not more than 1 3/16 inches and with the ends flattened to a surface 1¼ inches by 6 inches to 7¼ inches (150-200 mm).



LONG JUMP AND TRIPLE JUMP — Inclination in the approach shall be limited to 2:100 (2%) laterally and 1:1.000 (0.1%) in the jumping direction.

The runway should have a minimum length of 130 feet, and where conditions permit it should be 147 feet, 6 inches measured from the long-jump scratch line. The runway should be 42 inches wide whenever possible.

Equipment shall meet the following standards. The takeoff area shall be marked by a rectangular shaped takeoff board, manufactured from wood or synthetic material which provides a firm base, the width of which shall be between 8 inches (minimum) and 24 inches (maximum) and at least 4 feet long. The takeoff board shall be set firmly in the ground level with the runway and the surface of the landing pit. If the takeoff board is 8 inches wide, an additional 8 inches of firm, resilient material may be placed so that it abuts against the edge of the takeoff board farthest from the scratch line.

On hard surfaced runways, a painted scratch line of a contrasting color and with the same size specifications may be used in lieu of a take-off board.

The landing pit shall be filled with sand or other soft material to a depth that will ensure a safe landing. The surface shall have the same elevation as that of the take-off board. The landing pit shall have a minimum width of 9 feet and a minimum length of 15 feet. The scratch line is the hairline which is used to mark the limit of a competitor's run during a trial. The scratch line shall be located by measuring from the nearer edge of the landing pit a distance of approximately:

	BOYS	**GIRLS**
Long Jump	12 feet	8 feet
Triple Jump	32 feet	24 feet

(**NOTE**: Distance from scratch line, or takeoff board may be adjusted to accommodate different levels of competition.)

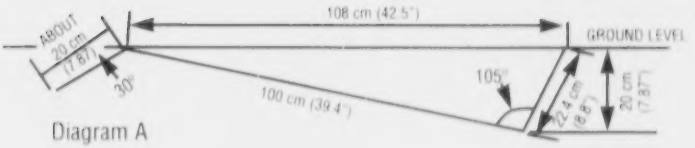


Diagram A

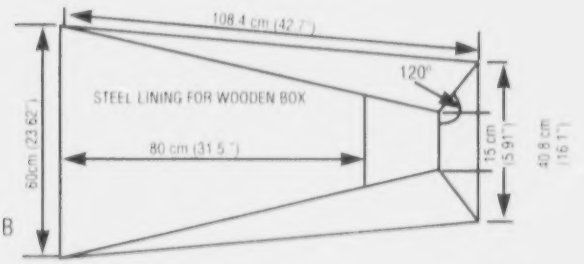
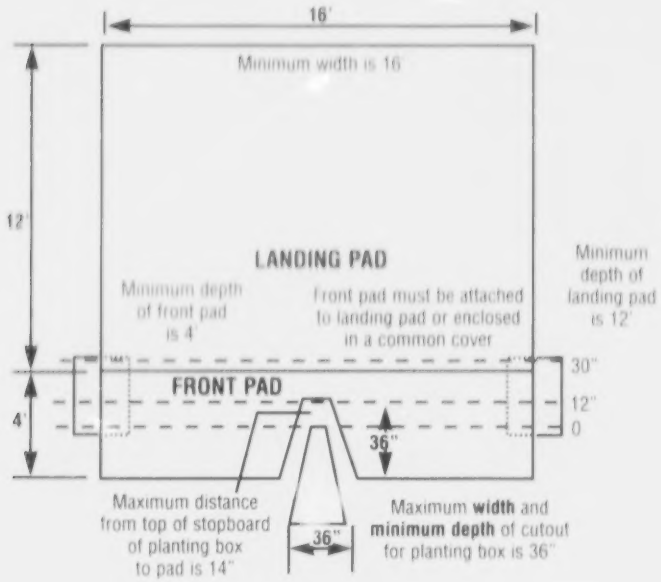


Diagram B


16'
Minimum width is 16'
12'
LANDING PAD
Minimum depth of front pad is 4'
Front pad must be attached to landing pad or enclosed in a common cover
Minimum depth of landing pad is 12'
30"
FRONT PAD
12"
4'
0
36"
Maximum distance from top of stopboard of planting box to pad is 14"
36"
Maximum **width** and **minimum depth** of cutout for planting box is 36"

POLE VAULT — Inclination shall be limited to 2:100 (2%) laterally and 1:1,000 (0.1%) in the running direction in the jumping direction.

The vaulting pole may be of any material and of any length and diameter. It may have a binding of not more than two layers of adhesive tape of uniform thickness. However, the bottom of the pole may be protected by several layers of tape, PVC, metal, sponge rubber or other suitable material to protect it when placed in the planting box.

Recommended length of the runway will be a minimum of 130 feet (40 m). Where conditions permit, it should be 147 feet, 6 inches (45 m). The runway should be 42 inches (1.07 m) wide whenever possible.

The landing pad measured beyond the vertical plane of the stopboard planting box shall be a minimum of 16 feet (4.80 m) wide and 12 feet (3.76 m) deep. The material in the pad shall be high enough and of a composition that will provide a safe landing. When the landing pad is made up of two or more sections, the landing surface shall include a common cover or pad extending over all sections.

A front pad extending a minimum of 4 feet from the main landing pad toward the front edge of the planting box is required. The maximum cutout for the vaulting box shall be 36 inches in width, measured across the bottom of the cutout, and with a minimum depth of 36 inches. If the edges of the front, or landing pad, immediately adjacent to the planting box are not tapered, the back of the cutout may be placed no farther than 14 inches from the vertical plane of the top of the stopboard of the planting box.

The front pad must be attached to the main landing pad, or encased in a common cover. It is recommended the front portion of the front pad be the same width as the back units.

The upright standards which support the crossbar shall not be less than 12 feet (3.66 m) or more than 14 feet, 2 inches (4.32 m) apart and the standards must include pins or holes for them to support the crossbar. The pins shall be round, of uniform thickness not exceeding ½ inch (13 mm) in diameter, with the upper surfaces smooth, without indentations or aids of any type which might help hold the crossbar in place. The pins shall project at right angles from the side which is opposite the runway and shall not exceed 3 inches (76 mm) in length from the upright. Cantilevered uprights may be used. The specifications for the crossbar are the same as those for the high jump.

The nonmetal crossbar shall not be less than 12 feet (3.66 m) or more than 14 feet, 10 inches (4.52 m) in length, of uniform thickness and shall have a weight of not more than 5 pounds. It may be square with beveled edges and not more than 1⅛ inches in thickness; or triangular with each face not more than 1⅛ inches; or circular with a diameter of not more than 1⅛ inches and with the ends flattened to a surface 1⅛ inches by 6 to 7¼ inches (150-200 mm).

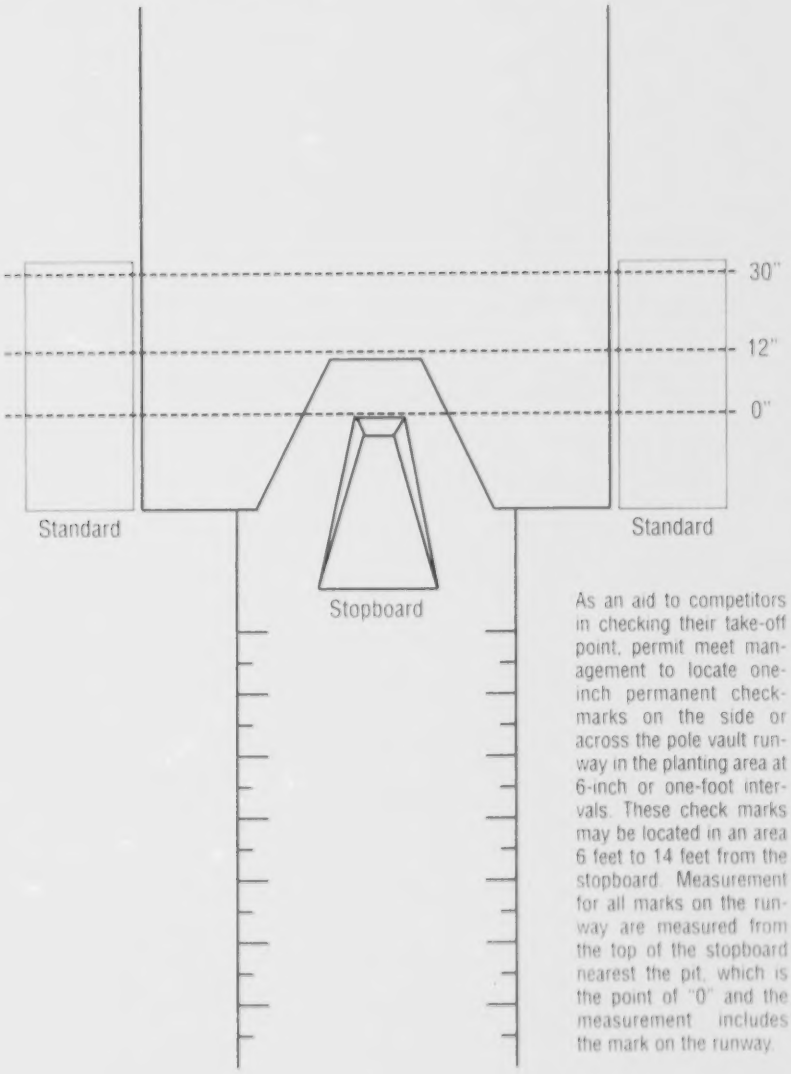
A planting box shall be located at one side of the landing pad and midway between the standards. The box shall be of dimensions indicated in Diagrams A and B, and it shall be placed so the top edges are at ground level. The box in Diagram B is to be constructed so that the sides slope outward at the end nearest the landing pit.

The stopboard at the end of the planting pit shall be placed at an angle of 105 degrees with the base of the box.

(**NOTE**: It is recommended the planting box be of a color contrasting to the color of the runway and landing pad.)

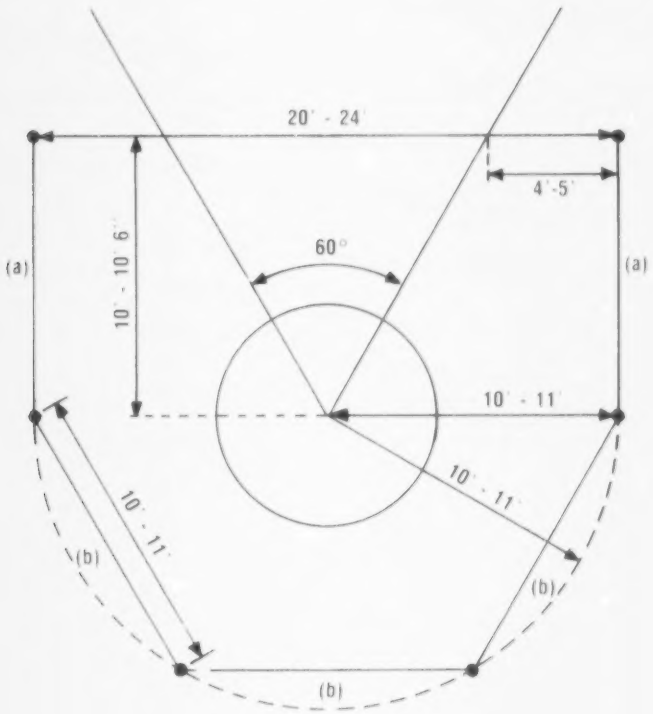
LANDING PAD

Competitors must position the crossbar from a point 12" beyond the vertical plane of the top of the stopboard, up to a maximum distance of 30" in the direction of the landing surface.



As an aid to competitors in checking their take-off point, permit meet management to locate one-inch permanent check-marks on the side or across the pole vault runway in the planting area at 6-inch or one-foot intervals. These check marks may be located in an area 6 feet to 14 feet from the stopboard. Measurement for all marks on the runway are measured from the top of the stopboard nearest the pit, which is the point of "0" and the measurement includes the mark on the runway.

DISCUS — A 60-degree sector shall be marked on the ground and drawn from the center of the throwing circle. From the center of the circle, mark one sector line. To establish the other sector line, use the point of intersection of the first sector line and the inside edge of the throwing circle and strike an arc with a radius of 4 feet, 1¼ inches (1.25 m), so that it intersects the circle. From the center of the discus circle and through this point, construct the second sector line. When collegiate facilities are used, state associations may permit the use of a 40-degree throwing sector.



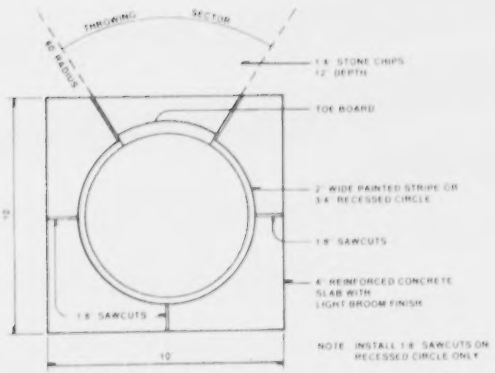
Suggested Discus Cage Specifications

Portable or permanent installation, it is recommended that the cage be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounce back.

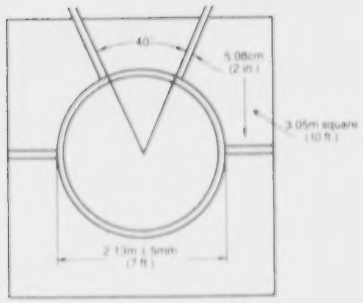
Height: 10' to 12'
Front Opening: 20' to 24'
Distance from Corner Post to Sector Line: 4' to 5'
Distance from Center of Circle to Fencing: 10' to 11'
Fencing: Energy Absorbing Material
(a) 10' to 10' 6"
(b) 10' to 11'

Note: 1) The above diagram of a discus throwing cage is designed to provide limited protection for competitors, officials and spectators in the immediate throwing area. Due to the nature of the event, it does not ensure the safety of the aforementioned personnel.
2) It is recommended that all throwing areas be corded off or roped, fenced or with flags placed well outside the sector lines to ensure the safety of spectators and athletes.

60-Degree Sector


THROWING SECTOR
60° RADIUS
1.8' STONE CHIPS 12' DEPTH
TOE BOARD
2" WIDE PAINTED STRIPE OR 3/4" RECESSED CIRCLE
1.8' SAWCUTS
4" REINFORCED CONCRETE SLAB WITH LIGHT BROOM FINISH
1.8' SAWCUTS
NOTE: INSTALL 1.8' SAWCUTS ON RECESSED CIRCLE ONLY

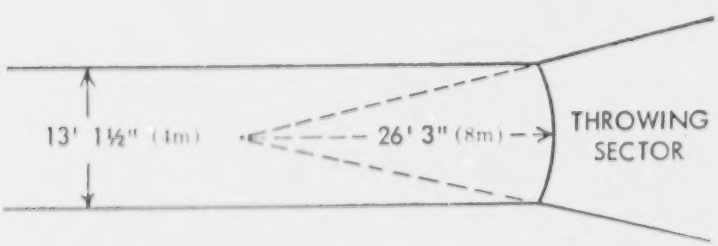
40-Degree Sector



SHOT PUT — The putting circles shall have an inside diameter of 7 feet (2.134 m). The circumference shall be marked with a metal, wood or plastic band which shall not rise more than ¾ inch (1.9 cm) above the level of the circle; or, if the circle has a surface of asphalt, concrete, wood or other hard material, a painted line 2 inches (5 cm) wide may be substituted for the band. A concrete surface with a 1/16 inch (1 mm) roughness is recommended.

A stopboard, constructed of concrete, fiberglass, metal, wood or other hard-surfaced material in the shape of an arc, so that the inner edge coincides with the inner edge of the circle, shall be firmly fixed in this position. It shall be 4 feet (1.22 m) in length along the inside surface, 4 inches (10 cm) in height and 4½ inches (11.4 cm) in width. The inside edge of the line or band is the limit of the putting circle.

Radial lines 2 inches (5 cm) wide shall extend from the center of the circle through the extremities of the stopboard and continue out to form an area into which legal puts must be made.



JAVELIN THROW — The runway for the throw should have a minimum length of 120 feet (36.5 m) and shall be marked by two parallel lines, 13 feet, 1½ inches (4 m) apart and terminated by a scratch-line arc with a radius of 26 feet, 3 inches (8 m) as shown on the diagram above. Scratch-line arcs shall be marked with a white metal, plastic or wood band 2¾ inches (7 cm) in width and its top surface level with the ground and on that side of the scratch-line arc which is in the direction of the throw so that the back edge of the band coincides with the scratch-line arc.

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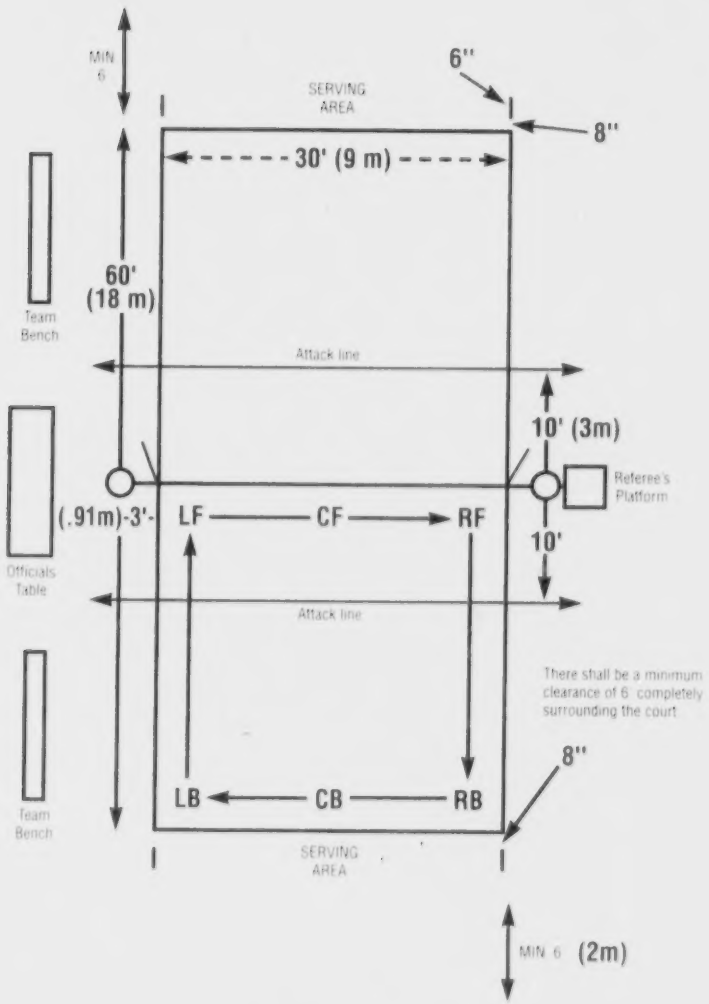
VOLLEYBALL

COURT DIAGRAM



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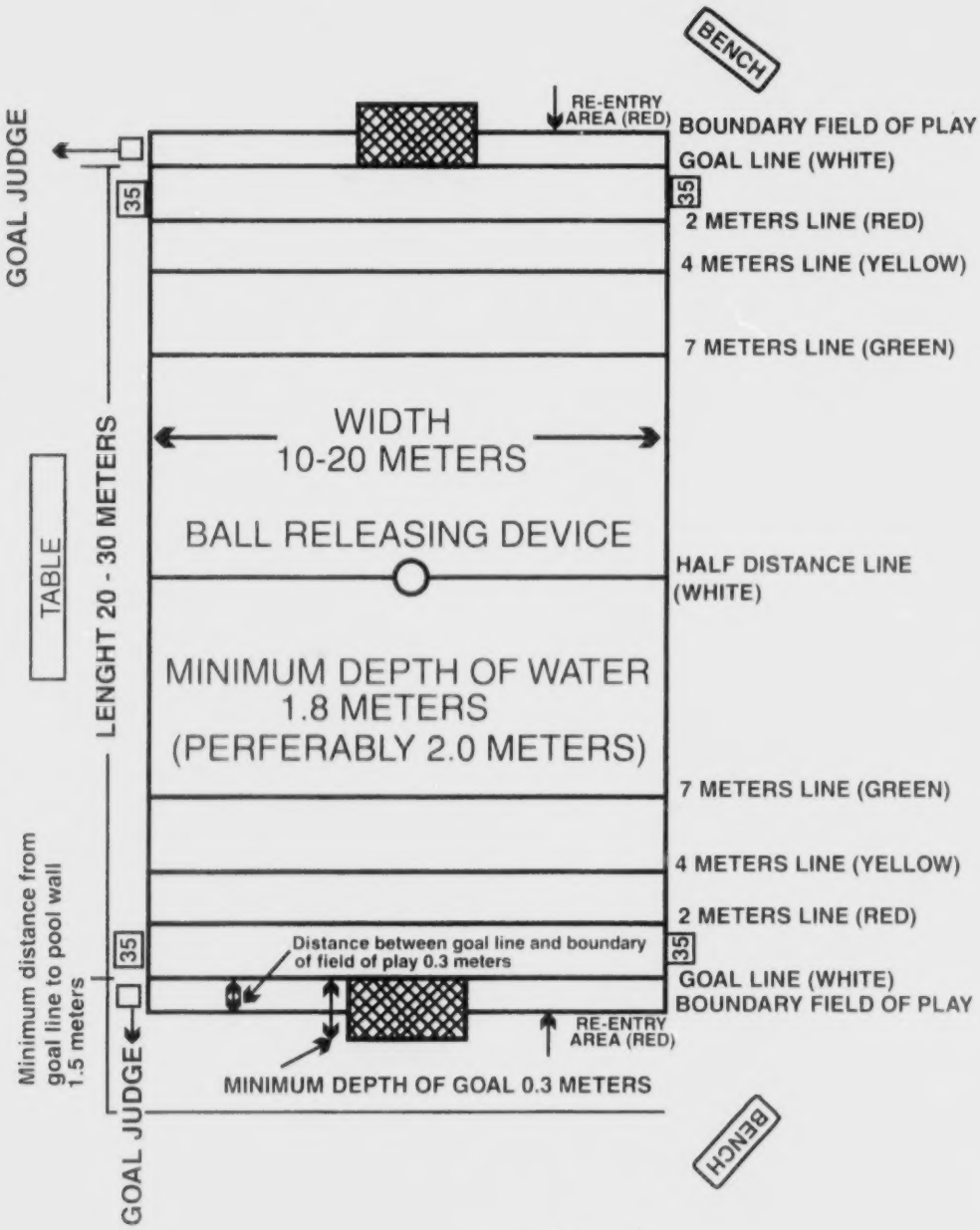
It is recommended that the area above the court be clear of any obstructions and at least 30 feet high.

WATER POLO


BENCH
RE-ENTRY AREA (RED)
BOUNDARY FIELD OF PLAY
GOAL LINE (WHITE)
GOAL JUDGE
35
35
2 METERS LINE (RED)
4 METERS LINE (YELLOW)
7 METERS LINE (GREEN)
WIDTH
10-20 METERS
TABLE
BALL RELEASING DEVICE
HALF DISTANCE LINE
(WHITE)
LENGHT 20 - 30 METERS
MINIMUM DEPTH OF WATER
1.8 METERS
(PERFERABLY 2.0 METERS)
7 METERS LINE (GREEN)
4 METERS LINE (YELLOW)
2 METERS LINE (RED)
Minimum distance from goal line to pool wall 1.5 meters
35
Distance between goal line and boundary of field of play 0.3 meters
35
GOAL LINE (WHITE)
BOUNDARY FIELD OF PLAY
RE-ENTRY AREA (RED)
GOAL JUDGE
MINIMUM DEPTH OF GOAL 0.3 METERS
BENCH

The length of the pool shall be 75 feet (25 m) and the width of the pool shall be at least 45 feet (13 m). It is recommended the pool width be 66 feet (20 m) and the pool depth be 6 feet, 6 inches (2.0 m). The water temperature shall be no less that 78 degrees Fahrenheit (26 degrees Celsius) and no more than 82 degrees Fahrenheit (28 degrees Celsius).

There shall be markers on both sides of the playing field designating the goal line, 2-yard (2.0 m), 4-yard (4.0 m) lines and 7-yard (7.0 m) lines, the center line and the ejection area. Measurements for the lines shall be taken from the front edge of the goal line, including the marker. It is recommended all markers be flush with the edge of the pool.

It is recommended the following color markings be used:

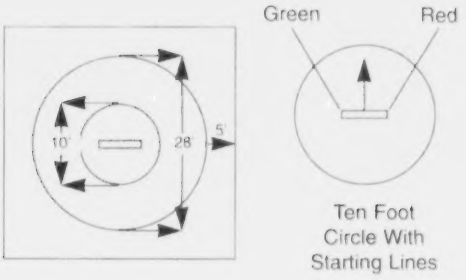
Goal lines & half-court line	White
2-yard (2.0 m) lines	Red
4-yard (4.0 m) lines	Yellow
7-yard (7.0 m) lines	Green
Ejection area	Red

Sufficient unobstructed space shall be provided for the referee to move from one end of the playing field to the other. Sufficient space shall be provided at the goal lines for the goal judges.

The goalposts and crossbar shall have a flat surface 3 inches (.075 m) wide and be made of firm material such as wood or metal, with the face of the goal frame painted white. The goal frame shall be set and perpendicular to the surface of the water on the goal line, equidistant from each side of the playing field. The goalposts shall be 10 feet (3.0 m) apart. When the water is at least 5 feet (1.5 m) deep, the crossbar shall be 3 feet (0.9 m) above the water. If the water is less than 5 feet (1.5 m) deep, the crossbar shall be 8 feet (2.4 m) from the bottom of the playing area. All measurements shall be taken from the inside edges of the goal frame. For floating goals, the goal lines shall be attached one-ball width from the front edge of the goal. Artificial standing/resting places, other than the floor of the pool, are not allowed. They shall be removed, or the goalposts moved to prevent their usage. The goal space shall be a minimum of 18 inches (45.72 cm) deep without obstruction. Canvas backing shall be loosely attached to the goal fittings to enclose the goal space in front of all supports. Floating goals shall have net backing attached.

WRESTLING

MINIMUM MAT SIZE



MAT AREA

DUAL MEET TOURNAMENT

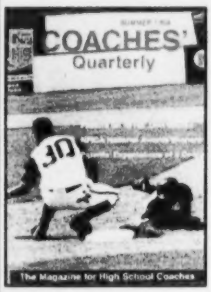
NOTE: Recommend only mats be used with a minimum of 28 feet in diameter circular wrestling area.

16-MAN CHAMPIONSHIP BRACKET

1. The number one seeded wrestler shall be placed on line 1.
2. The number two seeded wrestler shall be placed on line 16.
3. The number three seeded wrestler shall be placed on line 9.
4. The number four seeded wrestler shall be placed on line 8.
5. The number five seeded wrestler shall be placed on line 5.
6. The number six seeded wrestler shall be placed on line 12.
7. The number seven seeded wrestler shall be placed on line 13.
8. The number eight seeded wrestler shall be placed on line 4.

Same relative positions will be used for seeds for an 8-man bracket.

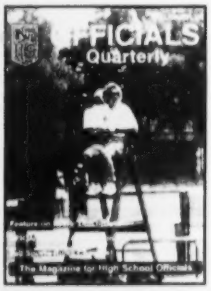
NFHS COACHES' QUARTERLY



The **NFHS Coaches' Quarterly** is the only national publication for high school coaches. This 32-page publication with four-color covers is provided to members of the National Federation Interscholastic Coaches Association four times a year. It is a professional development type of magazine with four to five major feature articles in each issue. The publication also contains rules changes and interpretations, as well as regular features in the areas of health and safety, citizenship, risk management, etc.

Subscription rate (1 year) (U.S. shipment only) $12

NFHS OFFICIALS' QUARTERLY



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Kansas City, Missouri 64153-1158
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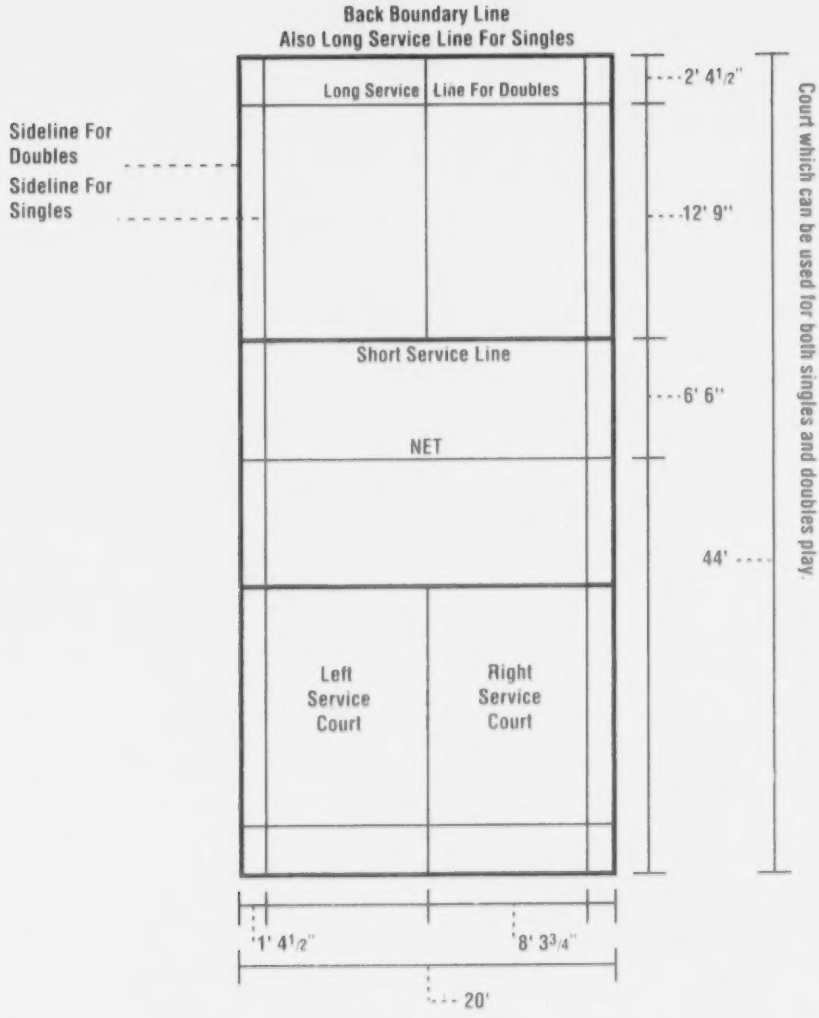
http://www.nfhs.org

CHAPTER TWO

OTHER HIGH SCHOOL SPORTS

BADMINTON



NOTES: All marking stripes lie entirely within the court areas which their outer edges delineate, except the center line stripe which is shared equally by its adjacent courts. All marking stripes should be 1½ inches wide.

For more information regarding badminton, contact:

USA Badminton
One Olympic Plaza
Colorado Springs, Colorado 80909
Telephone: 719-578-4808
E-mail: usab2004@rmi.net
Web site: www.usabadminton.org

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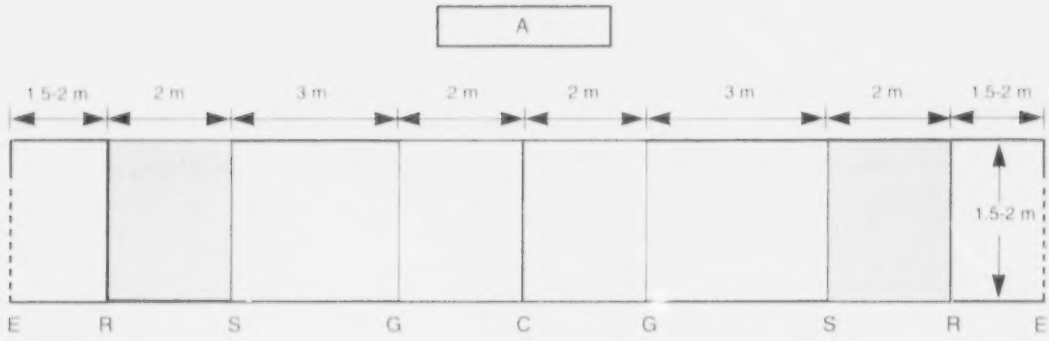
FENCING



A = Table for electrical apparatus

C = Center line

G = On guard lines

S = Start of 2-meter signal area

E= End of strip extensions

R = Rear limit of strip

For more information regarding fencing, contact:

U.S. Fencing Association
One Olympic Plaza
Colorado Springs, Colorado 80909-5774
Telephone: 719-578-4511
Fax: 719.632.5737
E-mail: usfencing@aol.com
Web site: www.usfa.org

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GOLF

COMPUTING GOLF HANDICAPS

A popular approved system of handicapping is based upon the five best-to-par scores. When the difference between the total of the five best scores and the total of the five pars is 0 through 3, either above or below, the handicap is scratch.

When the difference is:

4	thru	9	hdcp. is 1	35	thru	40	hdcp. is 6	66	thru	71	hdcp. is 11
10	"	15	" " 2	41	"	46	" " 7	72	"	78	" " 12
16	"	21	" " 3	47	"	53	" " 8	79	"	84	" " 13
22	"	28	" " 4	54	"	59	" " 9	85	"	90	" " 14
29	"	34	" " 5	60	"	65	" " 10	91	"	96	" " 15

etc.

The above handicaps were figured by the short formula: taking ⅘ of ⅕ of the difference between the total of par for the five rounds played and the total of the five best-to-par scores, one-half or over to count as a stroke.

Adjusting Strokes in Handicap Matches

Although the U.S. Golf Association recommends ⅞ of the difference between handicaps in match play (play by holes) as in the table below, some clubs allow the full difference between handicaps and others, the player with the lesser stroke-play handicap allows the player with the greater handicap ¾ of the difference, a fraction of one-half or over counting as one stroke. The strokes allowed are used on certain holes as designated on the club scorecard.

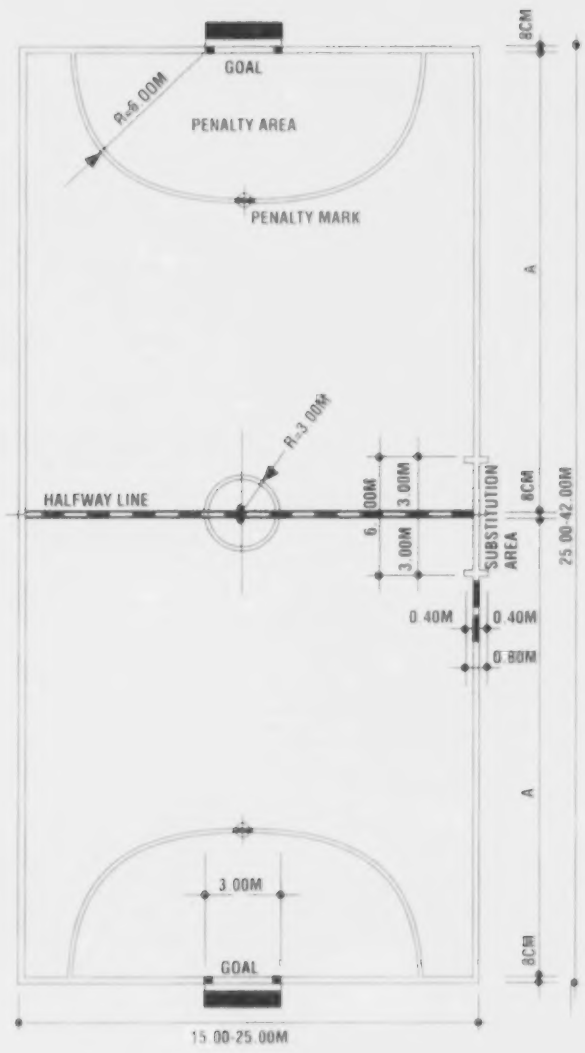
When the difference between handicaps is:

1	give	1 stroke	11	give	10 strokes	21	give	18 strokes
2	"	2 strokes	12	"	11 strokes	22	"	19 strokes
3	"	3 strokes	13	"	11 strokes	23	"	20 strokes
4	"	4 strokes	14	"	12 strokes	24	"	21 strokes
5	"	4 strokes	15	"	13 strokes	25	"	22 strokes
6	"	5 strokes	16	"	14 strokes	26	"	23 strokes
7	"	6 strokes	17	"	15 strokes	27	"	24 strokes
8	"	7 strokes	18	"	16 strokes	28	"	25 strokes
9	"	8 strokes	19	"	17 strokes	29	"	25 strokes
10	"	9 strokes	20	"	18 strokes	30	"	26 strokes

For more information regarding golf, contact:

U.S. Golf Association
PO Box 768
Far Hills, New Jersey 07931
Telephone: 908-234-2300
Fax: 908.234.9687
Web site: www.usga.org

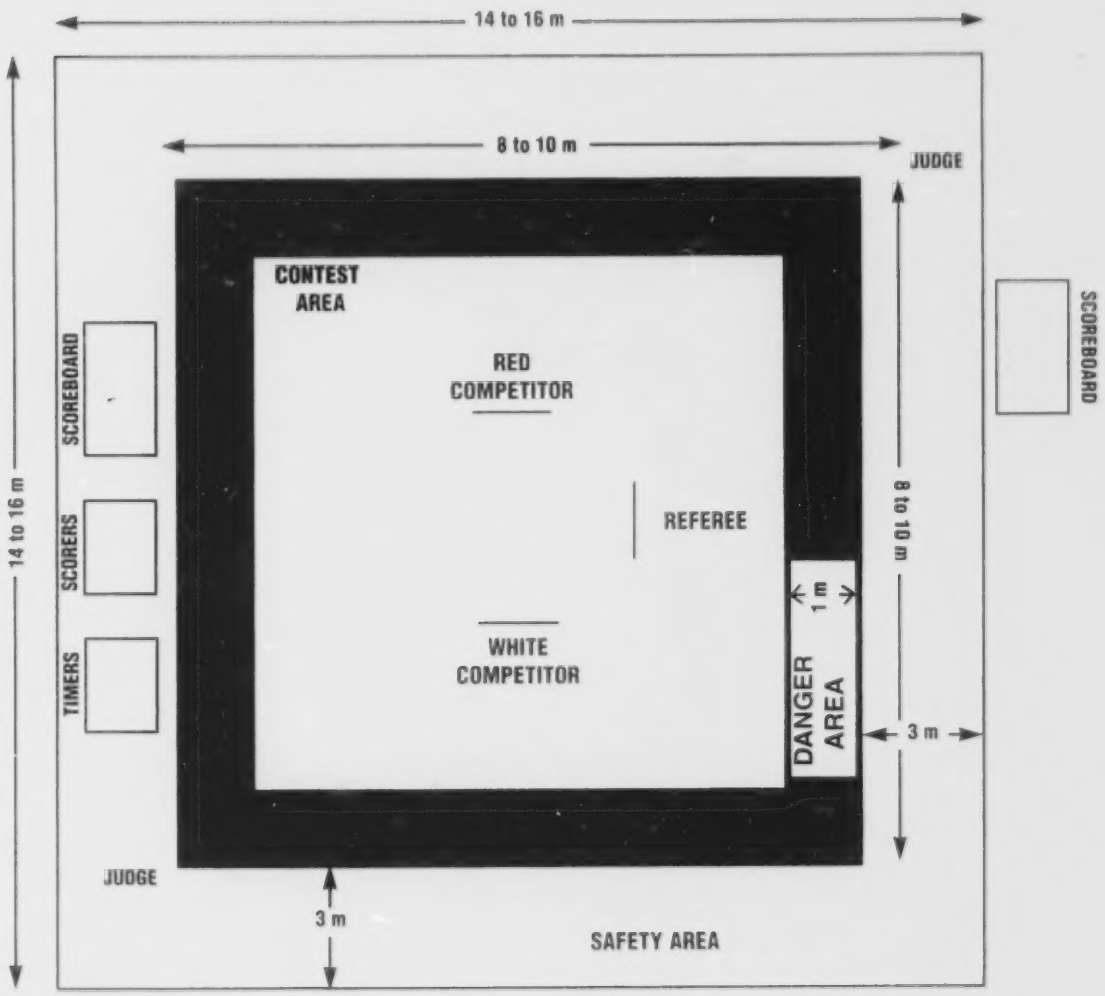
INDOOR SOCCER



For more information regarding indoor soccer, contact:

The National Federation of State High School Associations
PO Box 20626 (64195-0626)
11724 NW Plaza Circle
Kansas City, Missouri 64153-1158
Telephone: 816-464-5400
Fax: 816.464.5571

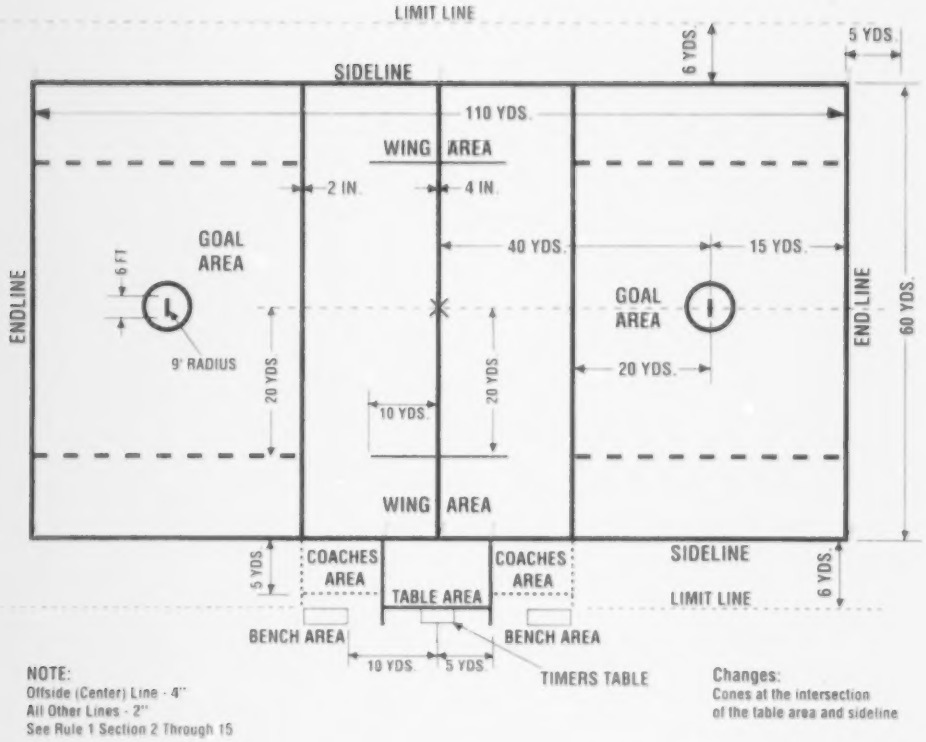
JUDO



For more information regarding judo, contact:

United States Judo, Inc.
One Olympic Plaza
Colorado Springs, Colorado 80909
Telephone: 719-578-4730
Fax: 719.578.4733

LACROSSE



NOTE:
Offside (Center) Line - 4"
All Other Lines - 2"
See Rule 1 Section 2 Through 15

Changes:
Cones at the intersection of the table area and sideline

For more information regarding lacrosse, contact:

U.S. Lacrosse
113 West University Parkway
Baltimore, Maryland 21210
Telephone: 410-235-6882
Fax: 410.366.6735
E-mail: www.lacrosse.org
Web site: www.lacrosse.org

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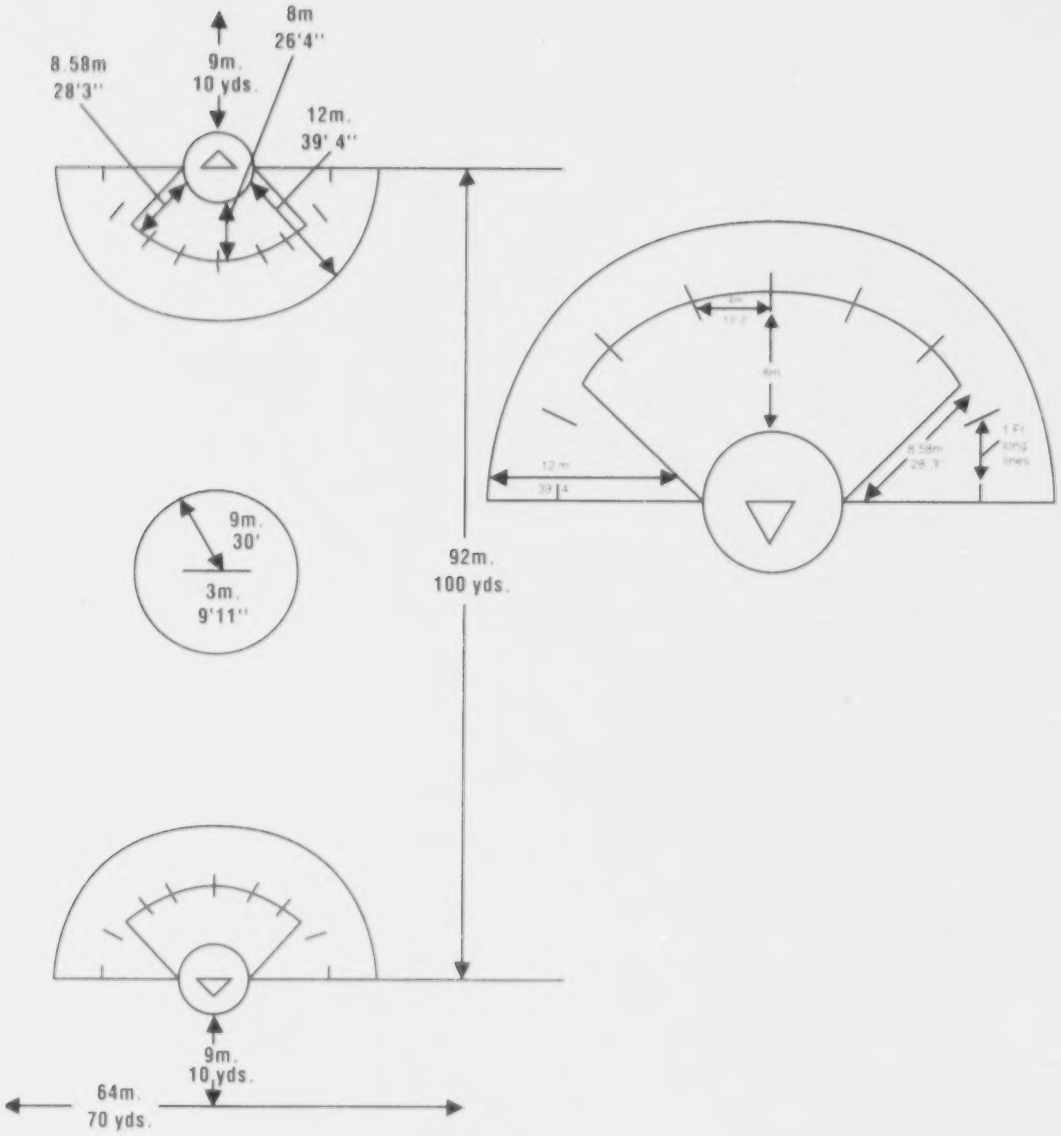
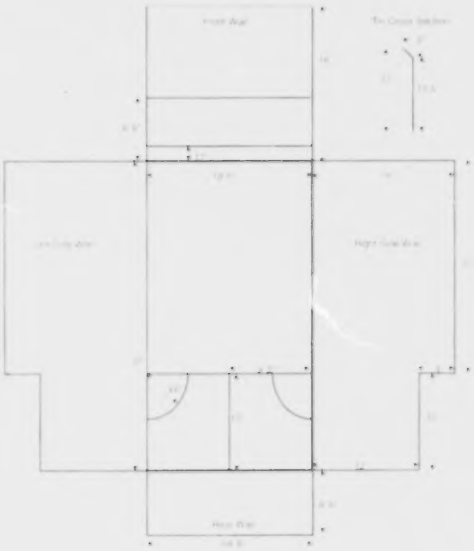
WOMEN'S LACROSSE



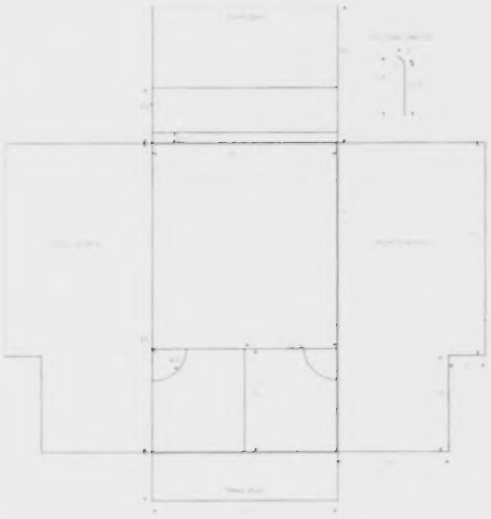
For more information regarding women's lacrosse, contact U.S. Lacrosse
(see page 55)

SQUASH

Singles Court
North American Hard Ball



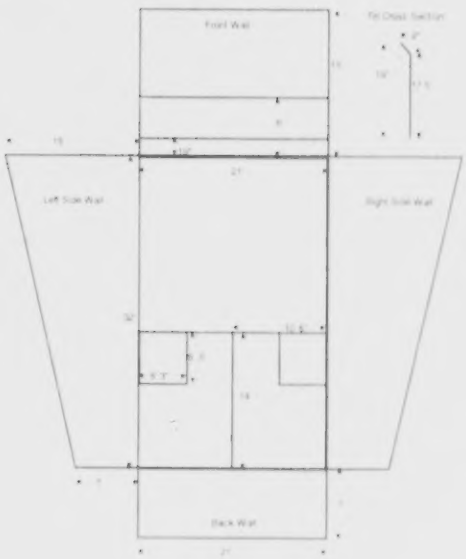
Doubles Court
North American Hard Ball



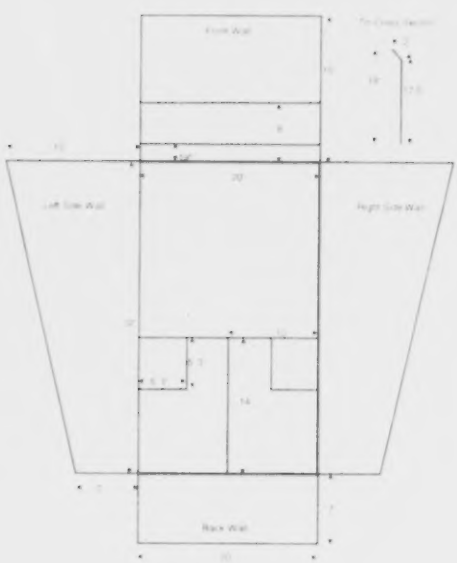
For more information regarding squash, contact:

United States Squash Racquets Association
PO Box 1216
23 Cynwyd Road
Bala-Cynwyd, Pennsylvania 19004
Telephone: 610-667-4006
Fax: 610.667.6539
E-mail: 75471.2207@compuserve.com
Web site: www.us-squash.org

Singles Court
International Soft Ball



Singles Court
International 20'



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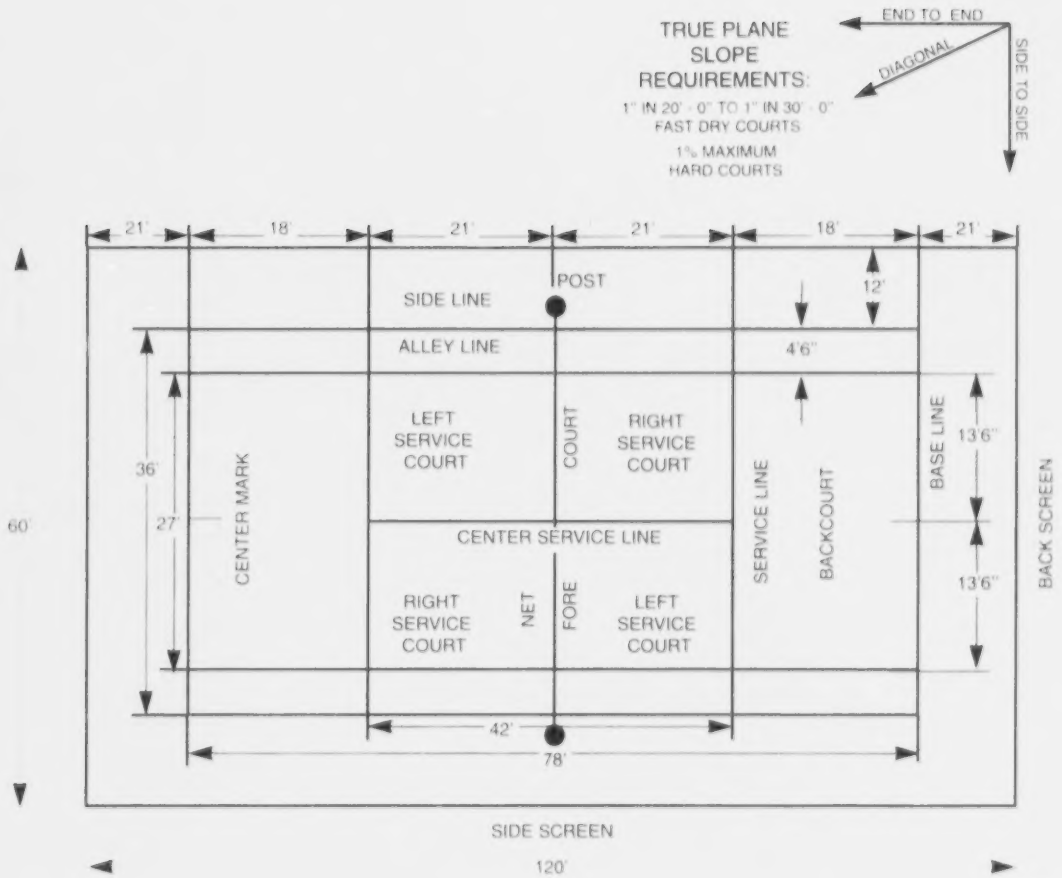
TENNIS



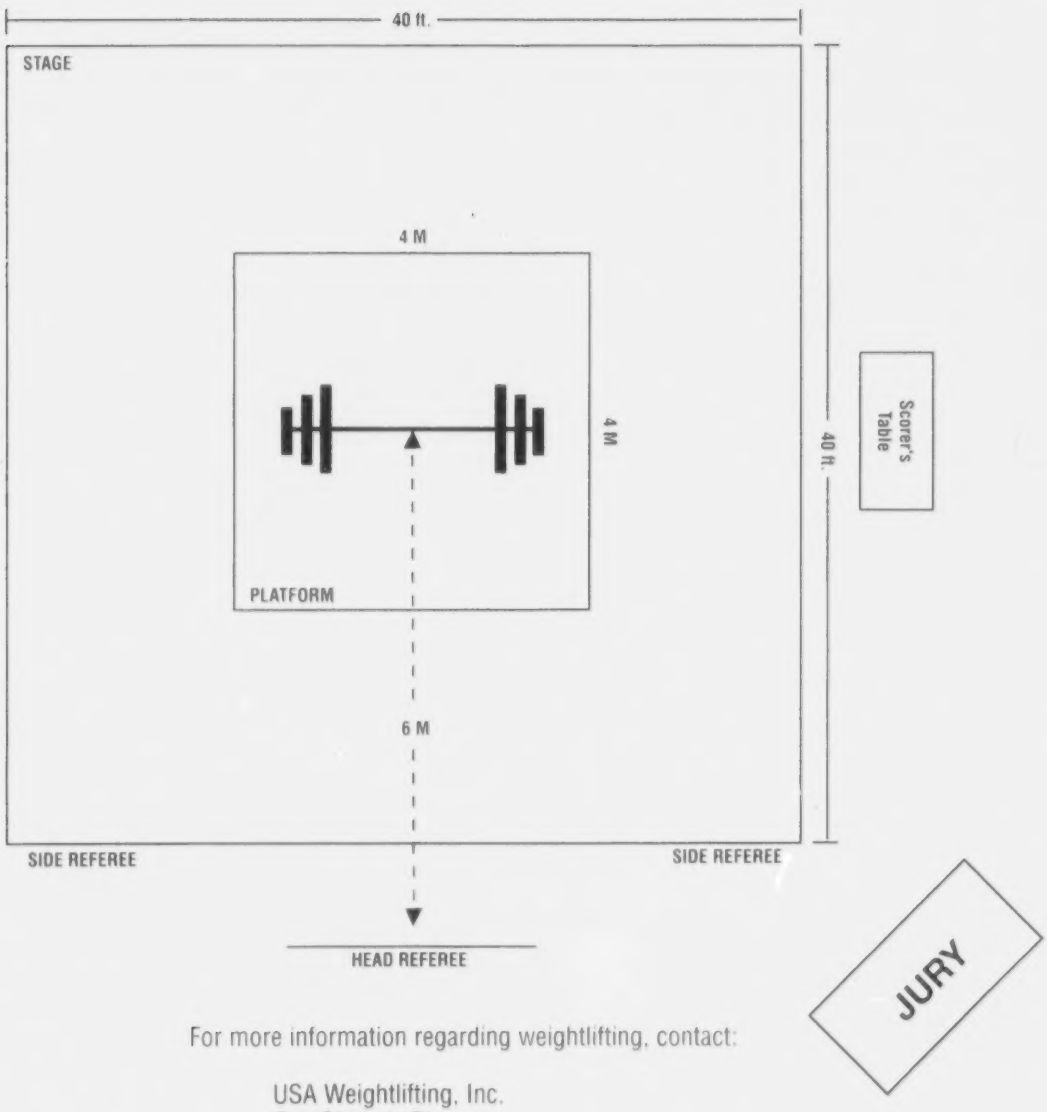
For more information regarding tennis, contact:

United States Tennis Association
70 West Red Oak Lane
White Plains, New York 10604
Telephone: 914-696-7000
Fax: 914.696.7167
Web site: www.usta.com

U.S. Tennis Court and Track
Builders Association, Inc.
3525 Ellicott Mills Drive, Suite N
Ellicott City, Maryland 21043-4547
Telephone: 410-418-4875
Fax: 410.418.4805
Web site: www.ustcba.com

C2

WEIGHTLIFTING



For more information regarding weightlifting, contact:

USA Weightlifting, Inc.
One Olympic Plaza
Colorado Springs, Colorado 80909-5764
Telephone: 719-578-4508
Fax: 719.578.4741
E-mail: usa@usaw.org
Web site: www.usaw.org

OTHER HIGH SCHOOL SPORTS INFORMATION SOURCES

ARCHERY

For information regarding archery, contact:

National Archery Association
One Olympic Plaza
Colorado Springs, Colorado 80909
Telephone: 719-578-4576
Fax: 719.632.4733
E-mail: 102036.3634@compuserve.com
Web site: www.usarchery.org

BOWLING

For information regarding bowling, contact:

USA Bowling
5301 South 76th Street
Greendale, Wisconsin 53129
Telephone: 414-421-4700
Fax: 414.421.1301
E-mail: jhinse@bowlinginc.com
Web site: www.bowl.org

CANOEING

For information regarding canoeing, contact:

American Canoe Association
7432 Alban Station Blvd., Suite B226
Springfield, Virginia 22150
Telephone: 703-451-0141
Fax: 703.451.2245
E-mail: acadirect@aol.com
Web site: www.aca paddler.org

CREW

For information regarding crew, contact:

United States Rowing Association
Pan American Plaza
201 South Capitol Avenue, Suite 400
Indianapolis, Indiana 46225
Telephone: 317-237-5656
Fax: 317.237.5646
E-mail: members@usrowing.org
Web site: www.usrowing.org

RIFLERY

For information regarding riflery, contact:

National Rifle Association of America
11250 Waples Mill Road
Fairfax, Virginia 22030
Telephone: 703-267-1000
Fax: 703.267.3933
E-mail: www.nra.org
Web site: www.nra.org

NFHS
COURT AND FIELD
DIAGRAM GUIDE

The NFHS Court and Field Diagram Guide is a comprehensive 128-page publication designed for high school administrators, athletic directors and coaches, as well as architects and groundskeepers.

The 6⅞ inch by 9½ inch guide contains current diagrams, descriptions and dimensions of playing courts and fields used in 50 sports. Included are the 15 sports for which the NFHS writes rules, along with other sports, such as tennis, lacrosse, boxing, handball, polo, badminton and Little League baseball.

In addition, the guide contains specifications for balls used in interscholastic and recreational sports, metric-to-English distance conversions, how to set up different types of tournament drawings, a directory of national sports governing bodies, decathlon/heptathlon scoring tables and record book contacts at organizations in the school-college community.

The Official NFHS Court and Field Diagram Guide Sponsors are:

- Bison
- Daktronics

Cost of the guide is $4, plus the following shipping and handling charges:

For orders up to $10, add $3.
For orders $10.01-$75, add $5
For orders over $75.01, add $7
Send order with payment to:

NATIONAL FEDERATION
OF STATE HIGH SCHOOL
ASSOCIATIONS
11724 NW Plaza Circle
Kansas City, MO 64153-1158

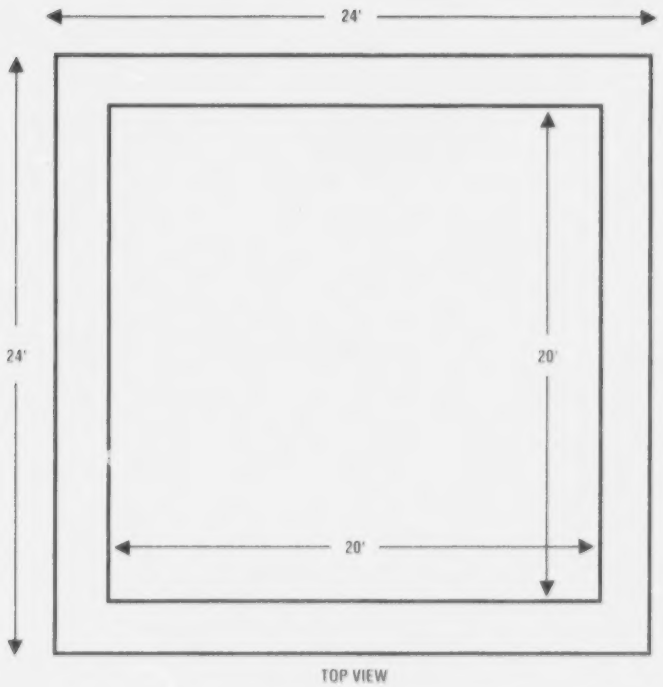
Attention Customer Service Department
816-464-5400

CHAPTER THREE

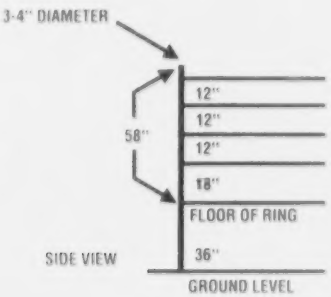
OTHER SPORTS

63C6

BOXING



TOP VIEW

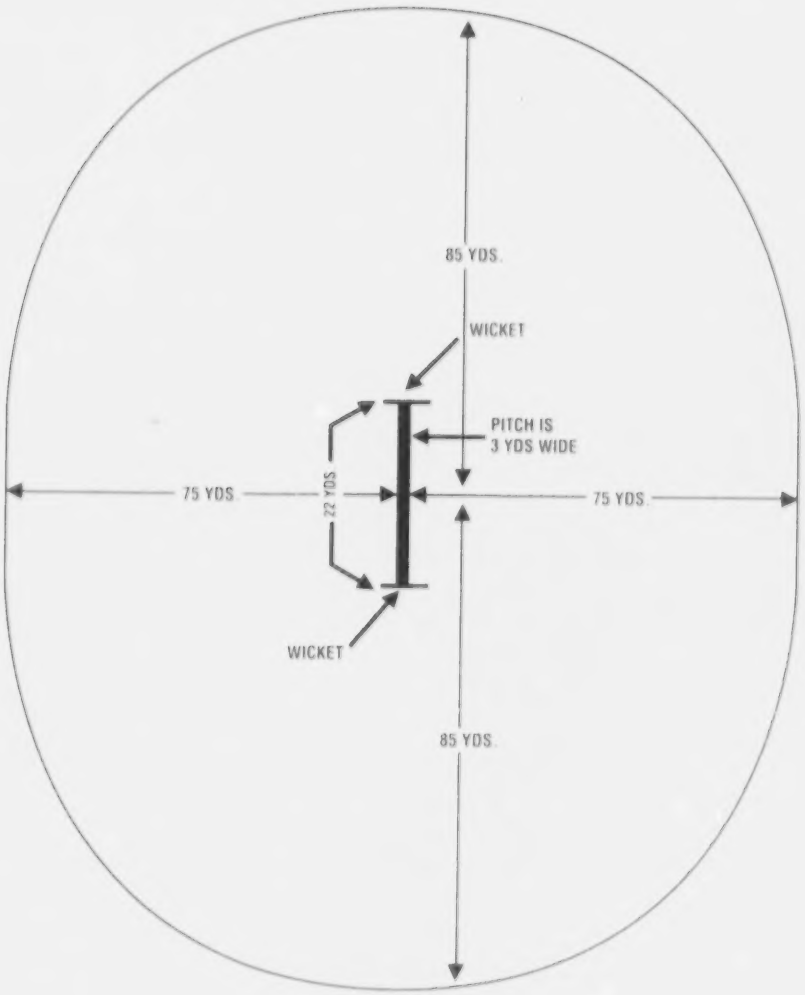


SIDE VIEW

For more information regarding boxing, contact:

USA Boxing
One Olympic Plaza
Colorado Springs, Colorado 80909-5776
Telephone: 719-578-4506
Fax: 719.632.3426
E-mail: usaboxing@aol.com

CRICKET

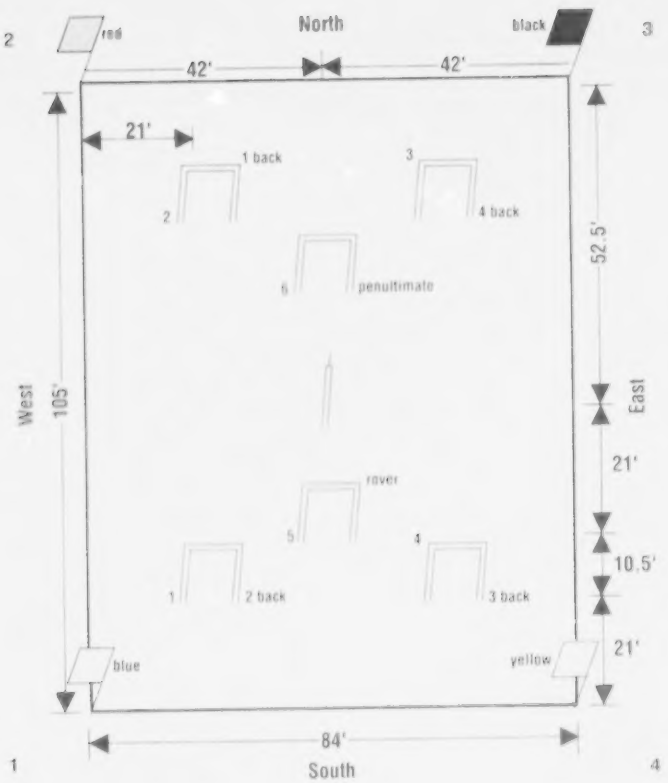


For more information regarding cricket, contact:

World Cricket League
301 West 57th Street, Suite 5D
New York, New York 10019
Telephone: 212-582-8556
Fax: 212.582.8531
E-mail: cricket@t&p.com
Web site: www.worldcricketleague.com

C8

CROQUET

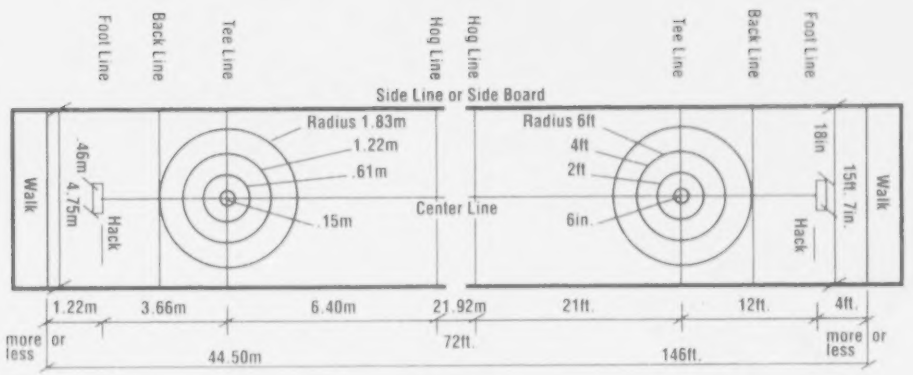


For more information regarding croquet, contact:

United States Croquet Association
11585-B Polo Club Road
Wellington, Florida 33414
Telephone: 561-753-9141
Fax: 561.753.8801
E-mail: uscroquet@compuserve.com
Web site: www.ontheweb.com/usca

C 3

CURLING



For more information regarding curling, contact:

United States Curling Association
1100 CenterPoint Drive
PO Box 866
Stevens Point, Wisconsin 54481
Telephone: 715-344-1199
Fax: 715.344.6885
E-mail: usacurl@coredcs.com
Web site: www.usacurl.org

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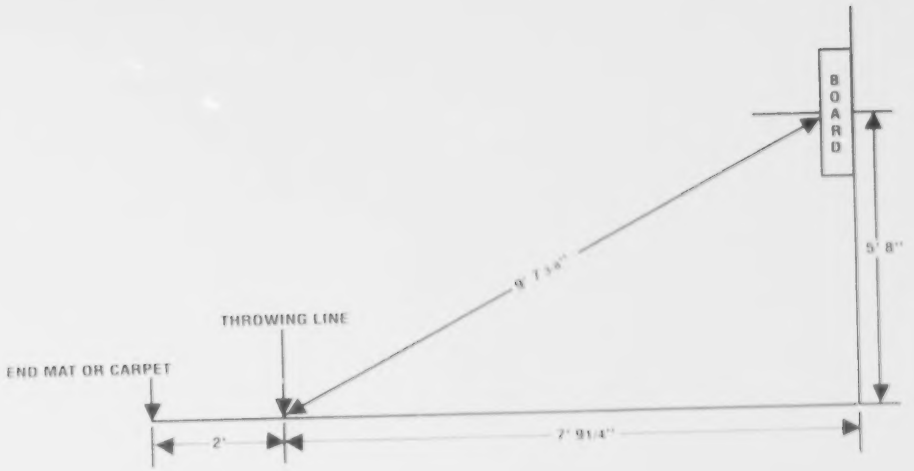
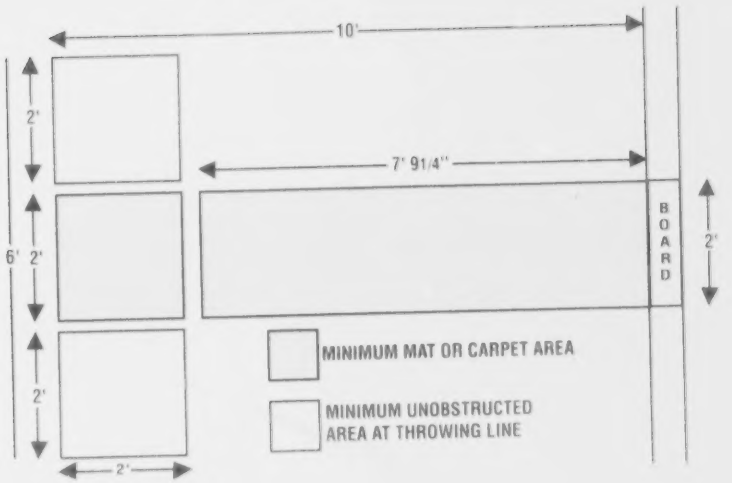
DARTS





For more information regarding darts, contact:

American Darts Organization
230 North Crescent Way #K
Anaheim, California 92801
Telephone: 714-254-0212
Fax: 714.254.0214
E-mail: scaineol.com
Web site: www.cybersdarts.com

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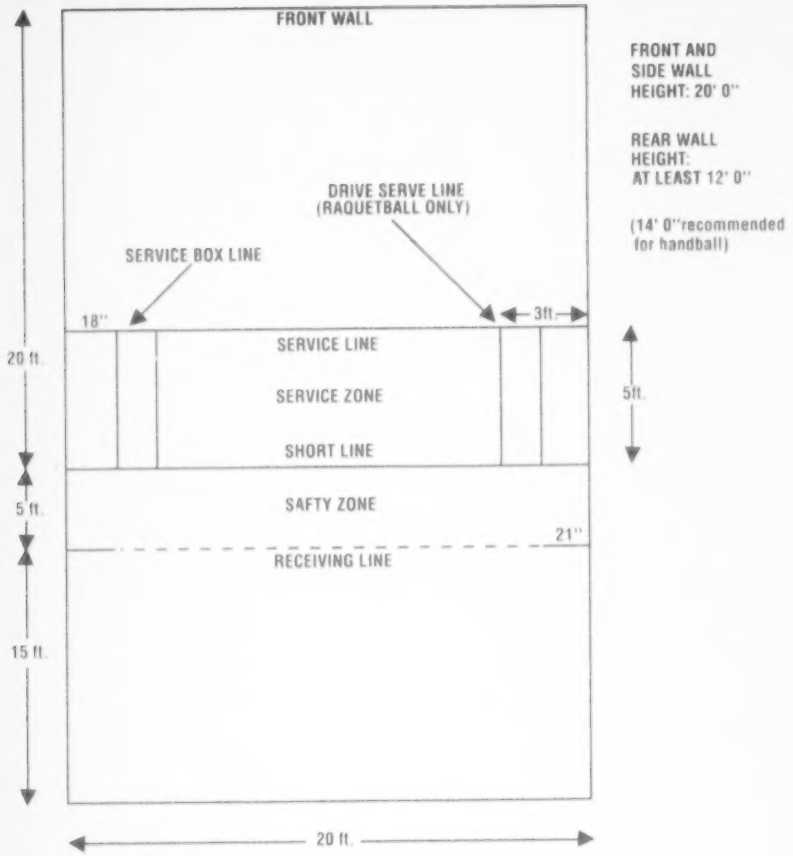
HANDBALL/RACQUETBALL



HANDBALL

For more information regarding handball, contact:
United States Handball Association
2333 North Tucson Blvd.
Tucson, Arizona 85716-2726
Telephone: 520-795-0434
Fax: 520.795.0465
E-mail: handball@usahandball.org
Web site: www.ushandball.org

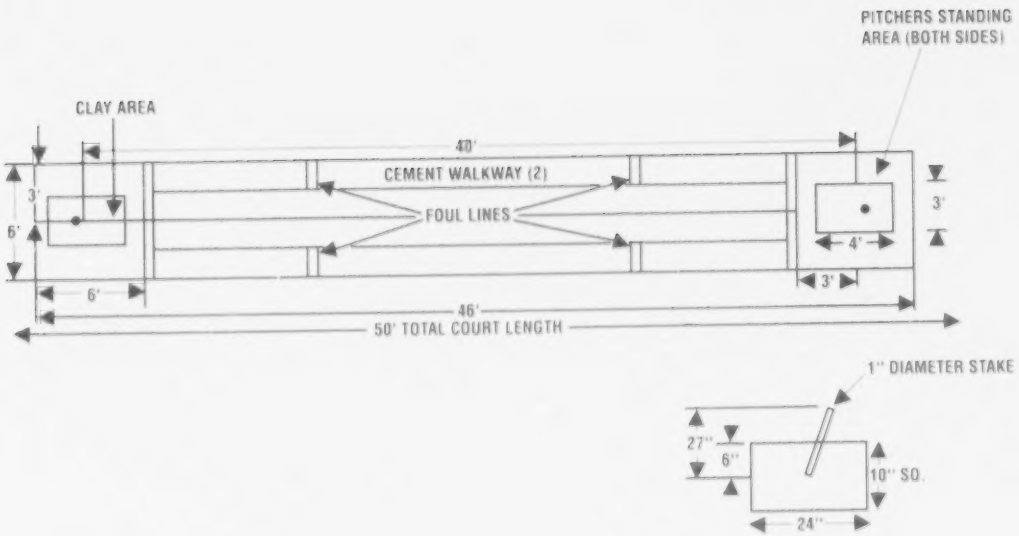
RACQUETBALL

For more information regarding racquetball, contact:
United States Racquetball Association
1685 West Uintah
Colorado Springs, Colorado 80904
Telephone: 719-635-5396
Fax: 719.635.0685
E-mail: usragen@webaccess.net
Web site: www.usra.org

Handball One-Wall Addendum
The dimensions for a standard one-wall handball court are: the wall shall be 20 feet from the outside edge of one sideline to the outside edge of the other sideline, and 16 feet high, including any top line.

Handball Three-Wall Addendum
The dimensions for a standard three-wall handball court are: 20 feet wide, 20 feet high and 40 feet long, with side walls recommended length of 44 feet.

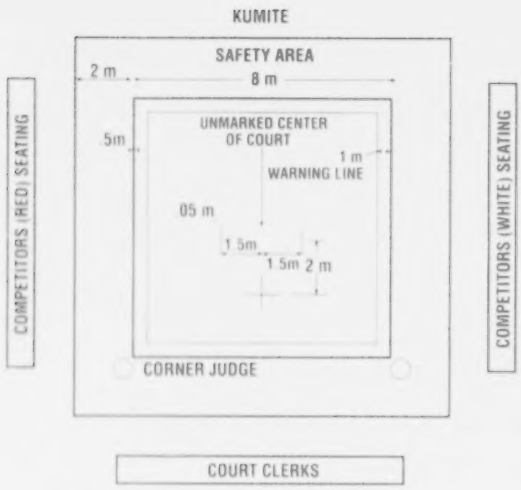
HORSESHOES

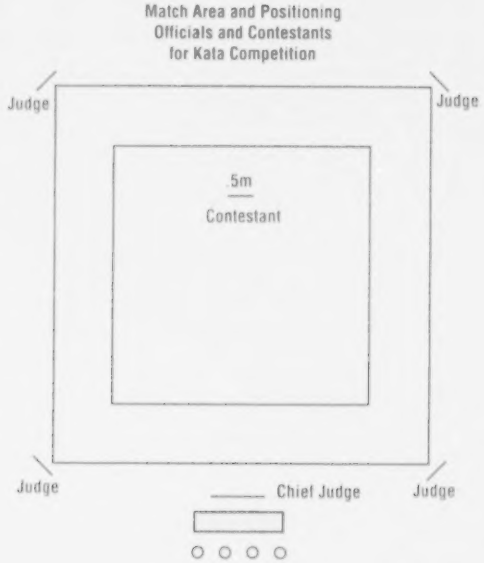


For more information regarding horseshoes, contact:

National Horseshoe Association of America
3085 76th Street
Franksville, Wisconsin 53126
Telephone: 414-835-9108
Fax: 414.835.9108
E-mail: nhpa.sec.treas@worldnet.att.net
Web site: www.geocities.com

KARATE

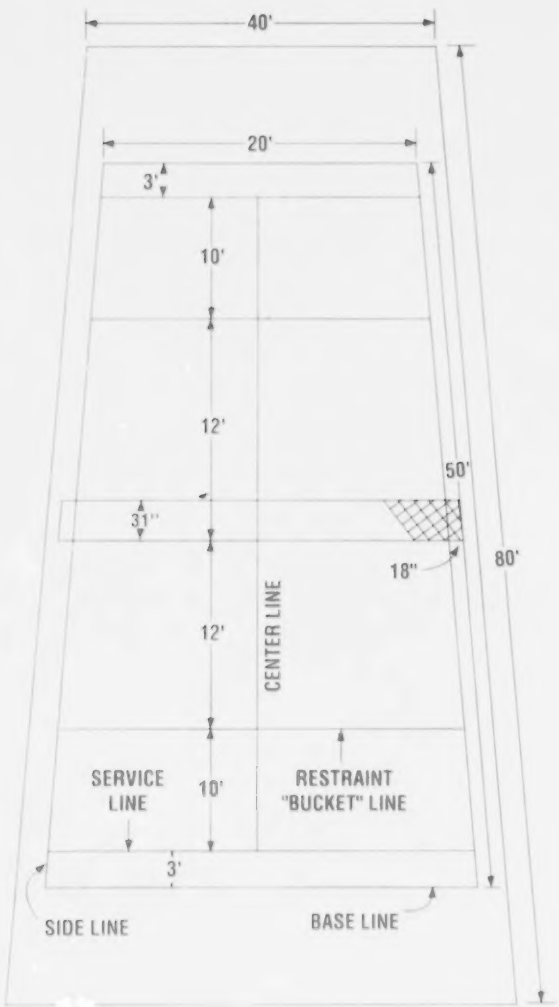




For more information regarding karate, contact:

The USA Karate Federation
1300 Kenmore Blvd.
Akron, Ohio 44314
Telephone: 330-753-3114
Fax: 330.753-6967
E-mail: usakarate@imperium.net

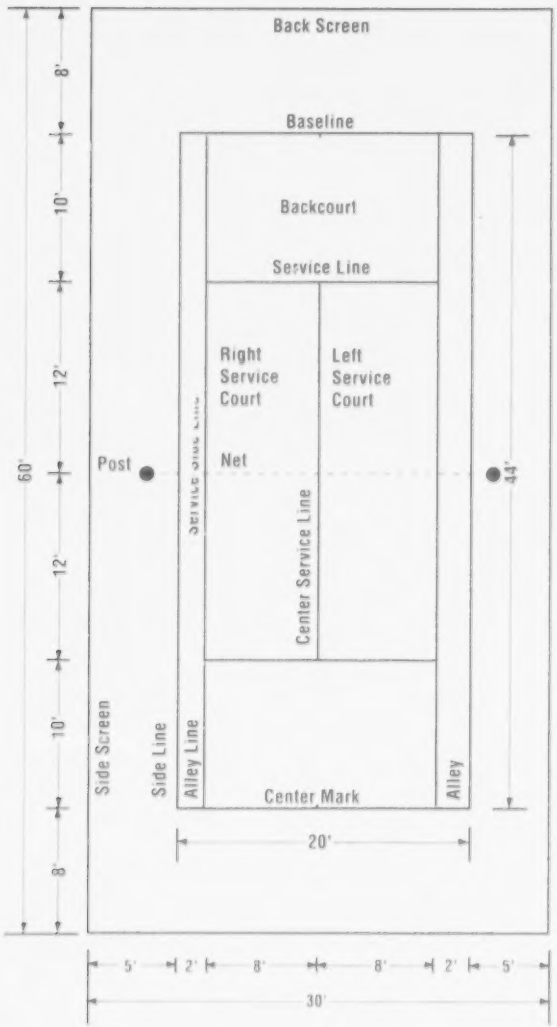
PADDLE TENNIS



For more information regarding paddle tennis, contact:

United States Paddle Tennis Association
Box 49882
Los Angeles, California 90049
Telephone: 310-826-3240
Fax: 310.826.1615
Web site: www.gse.ucla.edu/ender/pt.html

PLATFORM TENNIS



For more information regarding platform tennis, contact:

American Platform Tennis Association
PO Box 43336
Upper Montclair, New Jersey 07043
Telephone: 973-744-1190
Fax: 973.783.4407
E-mail: aptahq@aol.com
Web site: www.platformtennis.org

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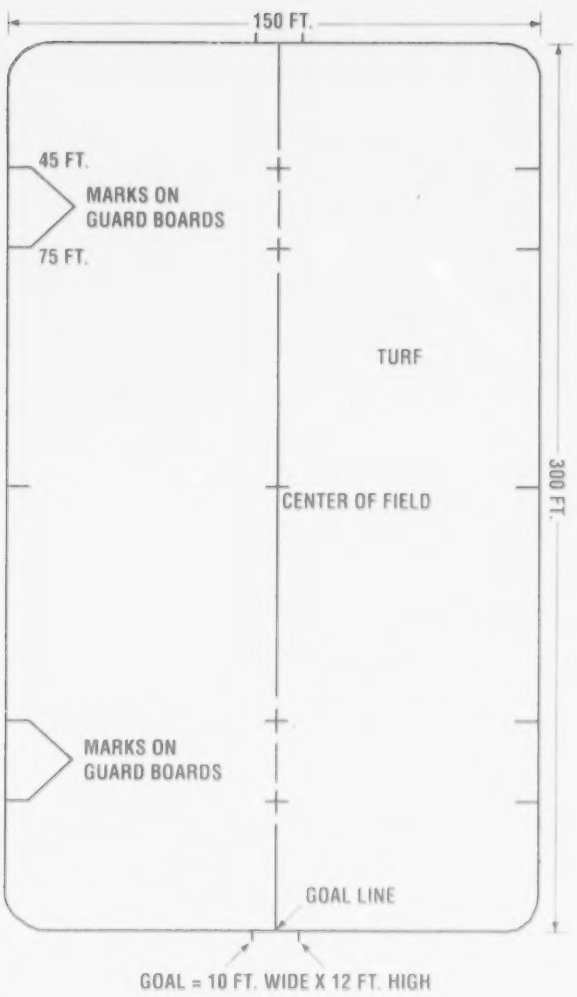
POLO



For more information regarding polo, contact:

U.S. Polo Association
4059 Iron Works Pike
Lexington, Kentucky 40511
Telephone: 606-255-0593
Fax: 606.231.9738
E-mail: uspalexky@aol.com
Web site: www.uspolo.org

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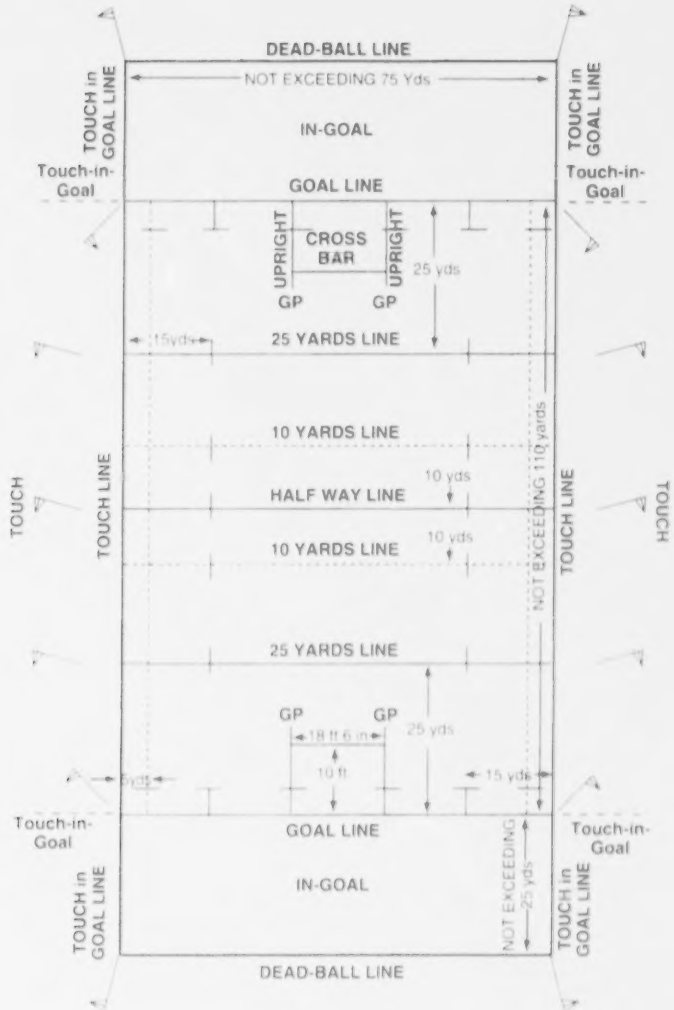
RUGBY



For more information regarding rugby, contact:

USA Rugby
3595 East Fountain Blvd.
Colorado Springs, Colorado 80910
Telephone: 719-637-1022
Fax: 719.637.1315
E-mail: usarugby@rmii.com
Web site: www.usarugby.org

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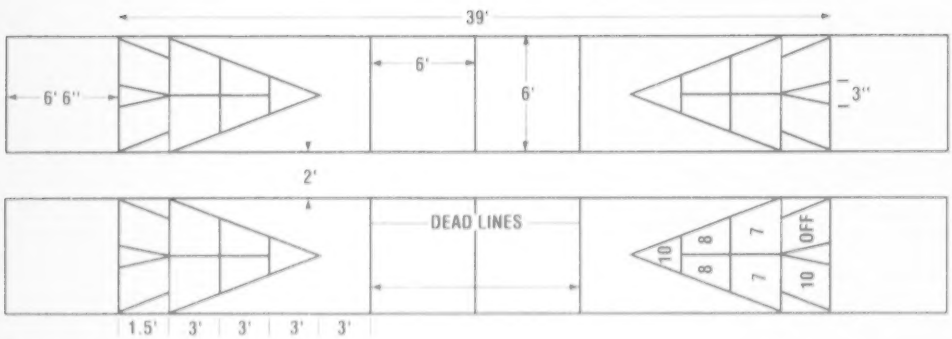
SHUFFLEBOARD



For more information regarding shuffleboard, contact:

International Shuffleboard Association, Inc.
1743 Macedonia Road
Midland, Ohio 45148
Telephone: 937-685-4915
Fax: 937.685.2063
Web site: www//.orbonline.net

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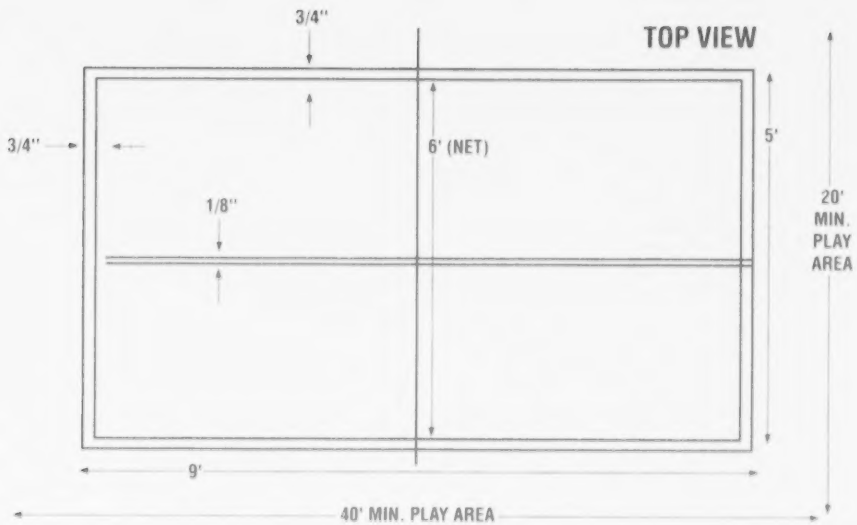
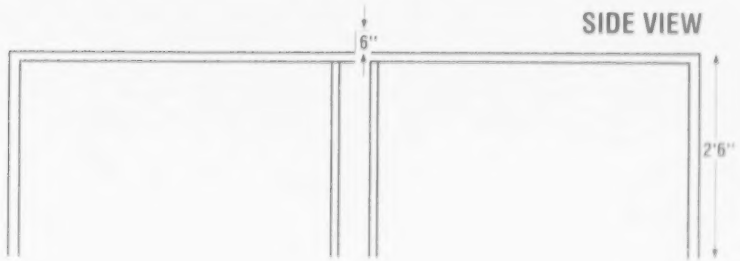
TABLE TENNIS





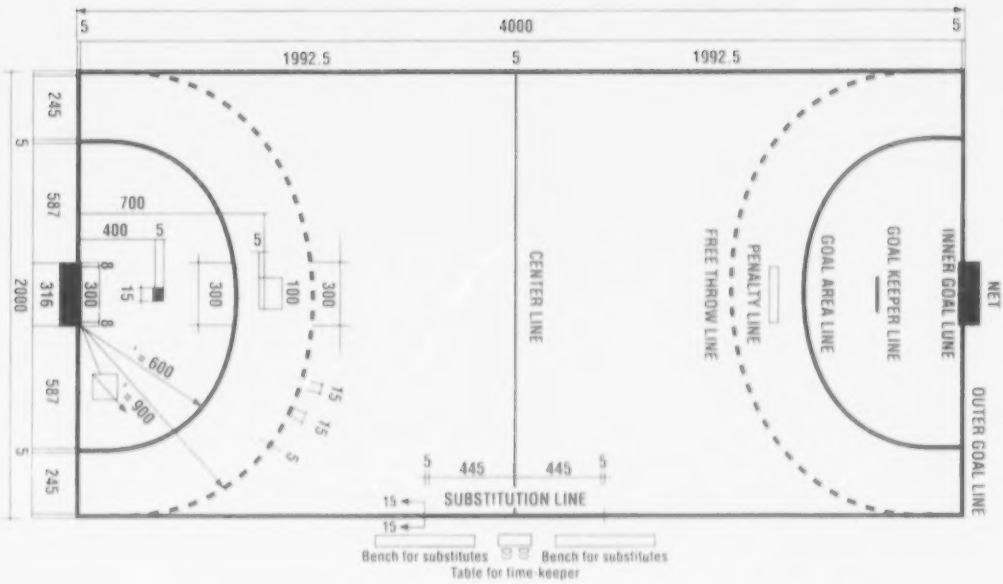
THE BALL

2.5 gm.

For more information regarding table tennis, contact:

USA Table Tennis
One Olympic Plaza
Colorado Springs, Colorado 80909-5769
Telephone: 719-578-4583
Fax: 719.632.6071
E-mail: usatt2@usa.net
Web site: www.usatt.org

TEAM HANDBALL

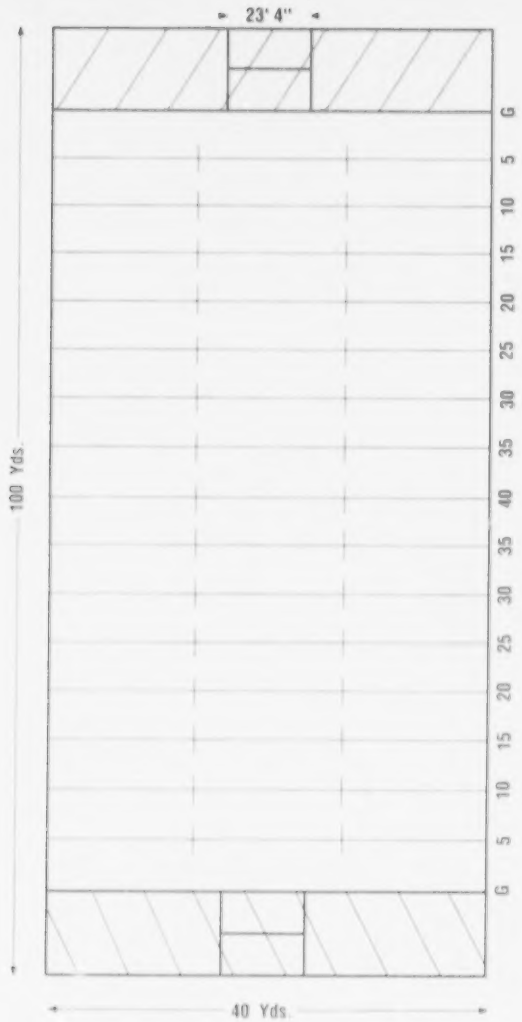


For more information regarding team handball, contact:

USA Team Handball
1903 Powers Ferry Road, Suite 230
Atlanta, Georgia 30339
Telephone: 770-956-7660
Fax: 770-956-7976
E-mail: usateamhandball@mindspring.com
Web site: www.usateamhandball.org

C 1

TOUCH FOOTBALL



For more information regarding touch football, contact:

National Association for Sport
and Physical Education
1900 Association Drive
Reston, Virginia 20191
Telephone: 703-476-3410
Fax: 703.476.8316
E-mail: naspe@aahperd.org
Web site: www.aahperd.org

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NFHS RULES BOOKS

- BASEBALL
- BASKETBALL
- BOYS GYMNASTICS
- FIELD HOCKEY
- FOOTBALL
- GIRLS GYMNASTICS
- ICE HOCKEY
- SOCCER
- SOFTBALL
- SPIRIT
- SWIMMING & DIVING
- TRACK & FIELD/ CROSS COUNTRY
- VOLLEYBALL
- WRESTLING

RULES BOOKS published in 15 sports by the National Federation of State High School Associations contain the official rules for high school athletic competition. These books are designed to explain all aspects of the game or contest. They are good for participants as well as coaches and contest officials.

The NFHS also publishes case books, manuals, handbooks and illustrated books in several sports to help in further explaining the rules.

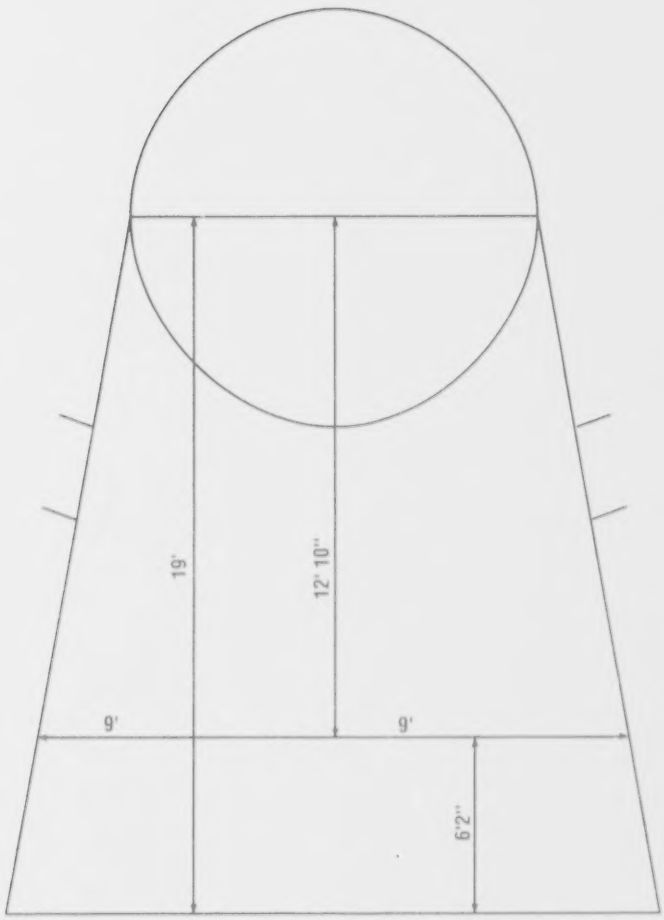
For information on cost and shipping contact:

NATIONAL FEDERATION
OF STATE HIGH SCHOOL ASSOCIATIONS
PO Box 20626 (64195-0626)
11724 NW Plaza Circle
Kansas City, Missouri 64153-1158
Phone: 816-464-5400, Fax: 816.464.5571
http://www.nfhs.org

CHAPTER FOUR

YOUTH LEVEL SPORTS

BIDDY BASKETBALL

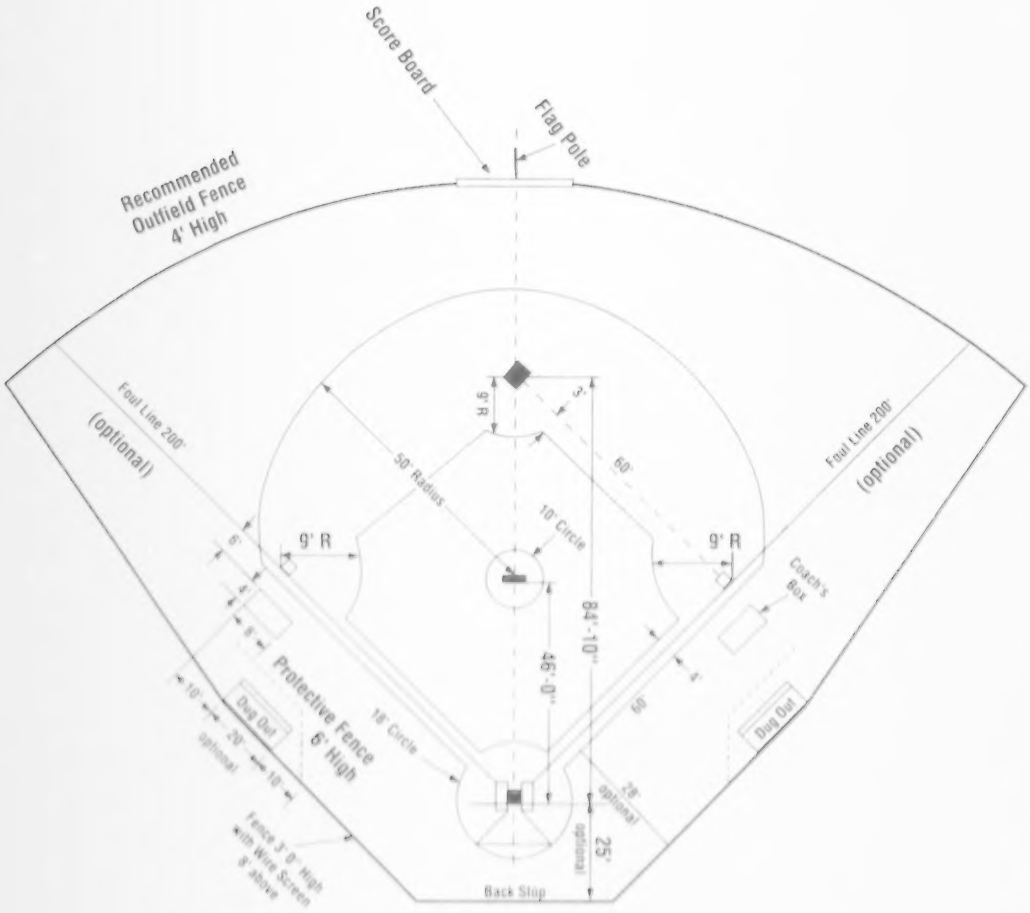


The Biddy court shall be any court in accordance with official basketball dimensions and with key-lock free-throw lanes (above). All Biddy Basketball games must be played with 8 feet, 6-inch baskets. The free-throw line must be 12 feet, 10 inches from the backboard and the three-point shot arc is at 19 feet from the basket.

For more information regarding Biddy Basketball, contact:

Biddy Basketball
2377 Leon C. Simon Drive
New Orleans, Louisiana 70122
Telephone: 504-283-5917
Fax: 504.283.8225

LITTLE LEAGUE BASEBALL



For more information regarding Little League Baseball, contact:

Little League Baseball Incorporated
PO Box 3485
Williamsport, Pennsylvania 17701
Telephone: 717-326-1921
Fax: 717.326.1074
E-mail: www.littleleague.org
Web site: www.littleleague.org

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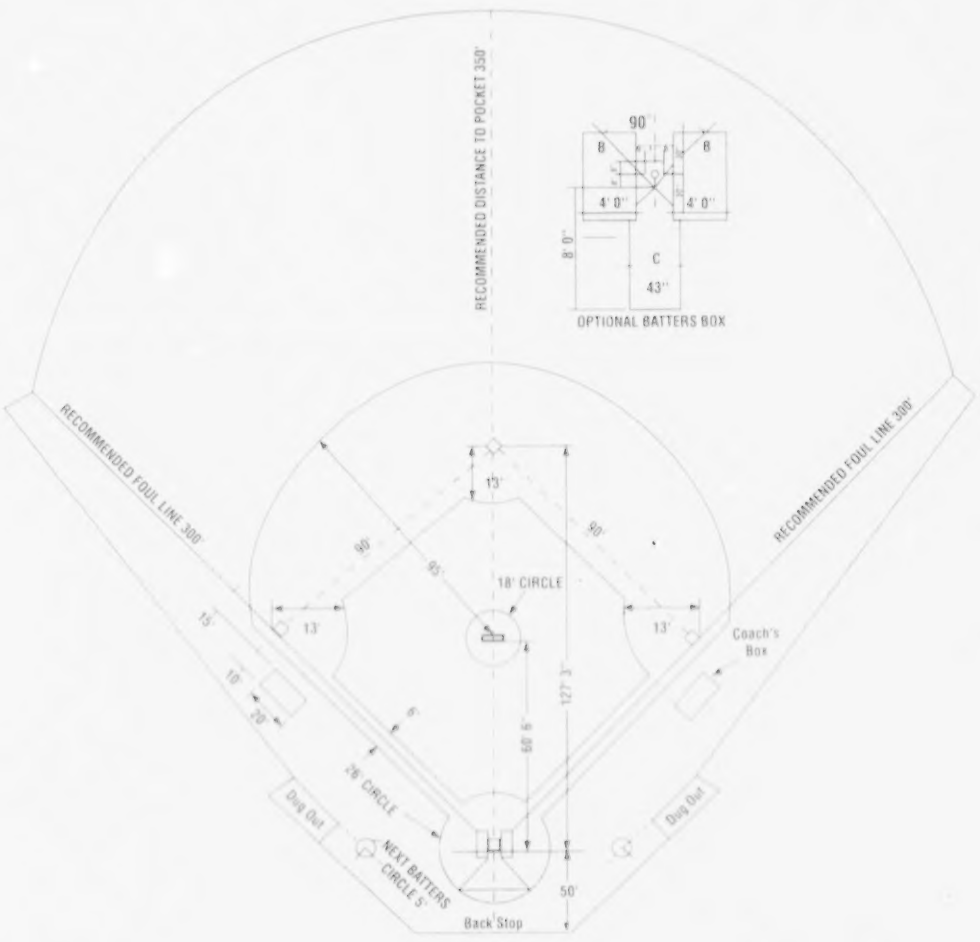
PONY BASEBALL



NOTE: The indicated dimensions are for use by players in the 15-18 age category of Pony Baseball.

For more information regarding Pony Baseball, contact:

Pony Baseball
PO Box 225
Washington, Pennsylvania 15301
Telephone: 412-225-1060
Fax: 412.225.9852
E-mail: pony@pulsenet.com
Web site: www.pony.org

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BABE RUTH LEAGUE BASEBALL

For information regarding Babe Ruth League Baseball, contact:

Babe Ruth League, Inc.
1770 Brunswick Pike
PO Box 5000
Trenton, New Jersey 08638
Telephone: 609-695-1434
Fax: 609.695.2505
Web site: www.baberuthleague.org

POP WARNER FOOTBALL

The 80-yard field is permissible for Mitey-Mites, Junior Peewees and Peewees.

For more information regarding Pop Warner Football, contact:

Pop Warner Little Scholars, Inc.
586 Middletown Blvd., Suite C100
Langhorne, Pennsylvania 19047
Telephone: 215-752-2691
Fax: 215.752.2879
E-mail: pwlsreg@aol.com
Web site: www.dickbutkus.com/popwarner

FLAG FOOTBALL

For information regarding flag football, contact:

United States Flag Football League
5834 Pine Tree Drive
Sanibel, Florida 33957
Telephone: 813.472.0544

National Intramural-Recreational Sports Association
850 Southwest 15th Street
Corvallis, Oregon 97333-4145
Telephone: 541.766.8211
Fax: 503.737.2026

C3

CHAPTER FIVE

BALL AND EQUIPMENT SPECIFICATIONS

BASEBALL — The ball shall be a sphere formed by yarn wound around a small core of cork, rubber or similar material and covered with two strips of white horsehide or two strips of white cowhide tightly stitched together. It shall be, in weight, 5 to 5¼ ounces; in circumference, 9 to 9¼ inches.

For interscholastic games, the reaction of the ball shall be similar to that of balls used in professional league play and such as to meet the specifications of the sponsoring organization. A minimum of three umpire approved baseballs shall be provided to start the game. Unless mutually agreed upon otherwise, the home team has this responsibility. No less than two baseballs shall be used to complete a game.

BASKETBALL — The ball color shall be the approved orange shade or natural color. It shall be spherical. If leather, the ball shall have a deeply pebbled cover with the traditionally shaped eight panels bonded tightly to the rubber carcass.

The circumference shall be within a minimum of 29½ inches to a maximum of 30 inches for high school boys competition; within a minimum of 28½ inches to a maximum of 29 inches for high school girls competition. The weight shall be within a minimum of 20 ounces to a maximum of 22 ounces for high school boys competition; within a minimum of 18 ounces to a maximum of 20 ounces for high school girls competition. The black rubber rib separating the panels shall not exceed 1/4 inch in width.

The ball shall be inflated to an air pressure such that when it is dropped to the playing surface from a height of 6 feet, measured to the bottom of the ball, it will rebound to a height, measured to the top of the ball, of not less than 49 inches when it strikes on its least resilient spot, nor more than 54 inches when it strikes on its most resilient spot.

BIDDY BASKETBALL — The circumference of the ball shall be 27 inches for players eight years and under and 28 1/2 inches for players nine years and older.

FIELD HOCKEY — The ball shall be spherical with a seamless or sewn outer surface of leather or plastic. It may be of any color which contrasts with the playing surface. The ball shall be hard and may be solid or hollow. The inner portion of a solid ball may consist of any natural or artificial material in any composition or mixture. The weight of the ball shall be 5½ to 5¾ ounces. The circumference must be 8¼ to 9¼ inches.

FOOTBALL — The ball shall have a cover consisting of four panels of a pebbled-grain, tan cowhide or approved composition case without corrugations other than those formed by the natural seam grooves and the lace on one of the grooves.

The ball shall have one set of either eight or 12 evenly spaced laces and the length of the lace shall be confined to within 3¼ inches from each end of the ball.

The ball shall have two one-inch white or yellow stripes 3 to 3¼ inches from each end of the ball to the nearer edge of the stripe. The stripes shall be located only on the two panels adjacent to the laces, or continuous solid white or yellow stripes ⅜ inch wide running parallel to and ¼ inch from each side of each seam to 1 inch from the laces.

The weight of the ball shall be between 14 and 15 ounces and inflated to a pressure of 12½ to 13½ pounds.

NOTE: By state high school association adoption, the ball to be used in games involving only players below the 9th grade may have dimensions as found in the following table:

BALL SPECIFICATIONS

	9th Grade and Above	8th Grade and Below
Weight	14 to 15 oz.	12 to 14 oz.
Long Circumference	27¾" to 28½"	26" to 27"
Long Axis	10⅞" to 11⅛"	10" to 11"
Short Circumference	20¾" to 21¼"	19" to 20"
Inflation Pressure	12½ to 13½ lbs.	12½ to 13½ lbs.

METHOD OF MEASURING

1. All measurements shall be made after the ball is inflated to 13 pounds.
2. The long circumference should be measured 90 degrees from lace around the ends of the ball, over the groove but not in the groove.
3. The long axis should be measured from end to end but not in the nose indentation.
4. The short circumference should be measured around the ball, over the valve, over the lace, but not over a cross-lace.

GOLF — The golf ball shall not measure less than 1.68 inches in diameter and weigh not more than 1.62 ounces. The velocity of a golf ball shall not be greater than 250 feet per second when measured on the U.S. Golf Association testing machine at a temperature of 75 degrees Fahrenheit. A maximum tolerance of two percent is allowed on any ball.

HANDBALL — The ball shall be black rubber (#I material or synthetic rubber material) 1⅞" in diameter with a 1/32" variation. Its weight shall be 2.3 ounces with a .2 ounce variation. It should have a rebound of 48 to 52 inches from a 100-inch drop at 68 degrees Fahrenheit. Color now is optional.

ICE HOCKEY — The puck shall be a vulcanized black rubber disc, uniformly 1 inch (2.54 cm) in thickness and 3 inches (7.62 cm) in diameter, weighing from 5 to 6 ounces (155.92 - 170.1 g), and free from cuts and indentations.

It is recommended that pucks be slightly beveled or rounded on the edges and that they be chilled before being placed in competition.

LACROSSE — The ball is rubber and colored white, yellow or orange, not less than 7¼ inches (20 cm) not more than 8 inches (20.3 cm) in circumference. It must weigh not less than 5 ounces (142 gm) nor more than 5¼ ounces (149 gm). It must have a bounce of not less than 43 inches (1.1 m) nor more than 51 inches (1.3 m) when dropped from 72 inches (1.8 m) onto concrete at a temperature of approximately 650 Fahrenheit (180 C) to 750 Fahrenheit (230 C). The ball must meet manufacturer's specifications. The ball must be stamped as follows: "Meets NCAA-approved specs."

PLATFORM TENNIS — The ball shall measure 2½" +/- 3/64" in diameterand shall weigh between 70 and 75 grams.

RACQUETBALL—The standard racquetball shall be 2¼" in diameter; weigh approximately 1.4 ounces; have a hardness of 55 to 60 inches durometer; and bounce 68 to 72 inches from a 100-inch drop at a temperature of 70 to 74 degrees Fahrenheit.

SOCCER — The ball shall be spherical, with a circumference of at least 27 inches but no more than 28 inches (0.68 - 0.71 m). The weight of the ball at the start of the game shall be at least 14 ounces but no more than 16 ounces (396 - 453 g).

The outer casing of the ball shall be leather or similar material that is weather resistant.

The ball shall be inflated to the manufacturer's recommended pressure. If the ball becomes deflated during play, it is declared dead where it was last played and the game is resumed by a drop ball between any two opposing players at the spot where it was last played. If the ball becomes deflated within the penalty area, then the ball is dropped between two opposing players outside the penalty area nearest where the ball deflated.

SOFTBALL — The ball shall be a sphere formed by either solid core or number one long fiber Kapok or yarn wound around a small core of cork, rubber or similar material and covered with a smooth seam stitch which is not visible or a flat surface. The ball shall weigh not less than 6¼ ounces nor more than 7 ounces. The cover of the ball shall be made of number one chrome tanned, white horsehide or cowhide which will be solidly cemented to the ball. The cover is also sewn on the ball with a waxed cotton or linen thread. Synthetic composition material may also be used for the cover. A 12-inch ball shall be, in weight, 6¼ ounces (177.18 g) to 7 ounces (198.45 g); in circumference, 11⅞ inches (301.4 mm) to 12⅛ inches (307.8 mm). An 11-inch ball shall be, in weight, 5⅞ ounces (165.0 g) to 6⅛ ounces (175.0 g); in circumference, 10¼ inches (270 mm) to 11⅛ inches (280 mm).

The reaction of the ball shall be similar to that of the balls used in amateur league play and such as to meet the specifications of the sponsoring organization. With prior mutual consent of the opposing coaches, a restricted flight ball be used only in slow pitch. The home team shall provide enough new balls to permit the game to proceed without unnecessary delay.

NOTE 1: By state association adoption and with prior mutual consent by both coaches, an optic orange ball may be used.

NOTE 2: By state association adoption, an 11-inch ball shall be used in girls slow pitch.

SQUASH — Single Ball: Fuchsia rubber pneumatic 1¾ inches in diameter; weight, 30 grams. It shall have a rebound upon a steel plate of 32 inches, from a drop of 100 inches, at a temperature of 70 degrees Fahrenheit.

Double Ball: Blue rubber pneumatic 1¾ inches in diameter,, weight, 1 to 1.06 ounces. It shall have a rebound upon a steel plate of 36 inches, from a drop of 100 inches, at a temperature of 68 degrees Fahrenheit.

International Singles Softball: Black rubber pneumatic 39.5 to 41.4 millimeters in diameter. It shall have a 16 to 17 percent rebound measured to the bottom of the ball when rebound test is performed on balls stabilized at 20 degrees centigrade.

TABLE TENNIS — The ball shall be spherical, with a diameter of 38 millimeters and weigh 2.5 grams. It shall be made of celluloid or similar plastic material and shall be white or yellow, and matt. The standard bounce required shall be not less than 9⅞ inches (23.5 cm) or more than 10⅛ inches (25.5 cm) when dropped from a height of 12 inches (30.5 cm) on a specially designed steel block. These heights are measured from the bottom of the ball. The standard bounce required shall not be less than 8¼ inches (22 cm) or more than 9¼ inches (25 cm) when dropped from a height of 12 inches (30.5 cm) on an approved table.

TENNIS — The ball shall be more than 2⅛ inches and less than 2⅛ inches in diameter and more than 2 ounces, and less than 2 1/16 ounces in weight. It shall have a bounce of more than 53 inches and less than 58 inches when dropped 100 inches upon a concrete base, and a deformation of more than .220 of an inch and less than .290 of an inch when subjected to a pressure of 18 pounds applied to each end of any diameter, and a return deformation of more than .350 of an inch and less than .425 of an inch at 18 pound loads. The two deformation figues shall be the averages of three individual readings along axes of the ball and no two individual readings shall differ by more than .030 of an inch in each case (Rule 3 of the ITF Rules of Tennis).

VOLLEYBALL — The ball shall be spherical with a laceless molded cover of 12 or more white pieces of genuine or simulated leather. It shall measure at least 25 inches but no more than 27 inches in circumference, with a weight of 8.5 to 9.8 ounces when inflated with 5 to 7 pounds of air pressure.

WATER POLO — The ball shall be of rubber fabric composition yellow/gold in color, waterproof, and have no external strappings. It shall be made of 4-ply fabric with a rubber bladder and self-closing valve. The ball shall be inflated to a maximum of 15 pounds (6.82 kg), measure 27 to 28 inches (68-71 cm) in circumference and weigh 15 to 17 ounces (425-482 g). Grease or other similar substances shall not be used on the ball.

It is recommended to use a junior ball for girls water polo games.

It is recommended five balls be available for championship games (one for play and two for each goal judge.)

NOTE: The NFHS has established a voluntary program pursuant to which it examines, weighs, measures and field-tests balls and/or equipment against NFHS Rules Book standards. Companies whose balls and/or equipment meet rules book standards are permitted to apply to the NFHS for a license designating their balls and/or equipment as either OFFICIAL or APPROVED. Balls and/or equipment licensed by the NFHS under this voluntary program are permitted to display the logo and acronym of the NFHS in packaging and advertising. Balls and/or equipment which are not listed as OFFICIAL or APPROVED, and which meet the rules specifications set forth in the appropriate NFHS rules book, may be used in competition played under NFHS rules.

CHAPTER SIX
METRIC-TO-ENGLISH DISTANCE CONVERSIONS

With inches shown to nearest lesser ¼ inch for distances to 100 feet, and to nearest lesser inch for distances over 100 feet.

METERS

Meters	Feet & Inches	Meters	Feet & Inches
1	3' 3¼"	51	167' 3"
2	6' 6½"	52	170' 7"
3	9' 10"	53	173' 10"
4	13' 1¼"	54	177' 1"
5	16' 4½"	55	180' 5"
6	19' 8"	56	183' 8"
7	22' 11¼"	57	187' 0"
8	26' 2½"	58	190' 3"
9	29' 6¼"	59	193' 6"
10	32' 9½"	60	196' 10"
11	36' 1"	61	200' 1"
12	29' 4¼"	62	203' 4"
13	42' 7½"	63	206' 8"
14	45' 11"	64	209' 11"
15	49' 2½"	65	213' 3"
16	52' 5¼"	66	216' 6"
17	55' 9½"	67	219' 9"
18	59' ¼"	68	223' 1"
19	62' 4"	69	226' 4"
20	65' 7½"	70	229' 7"
21	68' 10½"	71	232' 11"
22	72' 2"	72	236' 2"
23	75' 5¼"	73	239' 6"
24	78' 8½"	74	242' 9"
25	82' ¼"	75	245' 0"
26	85' 3½"	76	249' 4"
27	88' 6½"	77	252' 7"
28	91' 10½"	78	225' 10"
29	95' 1½"	79	259' 2"
30	98' 5"	80	262' 5"
31	101' 8"	81	265' 8"
32	104' 11"	82	269' 0"
33	108' 3"	83	272' 3"
34	111' 6"	84	275' 7"
35	114' 9"	85	278' 10"
36	118' 1"	86	282' 1"
37	121' 4"	87	285' 5"
38	124' 8"	88	288' 8"
39	127' 11"	89	291' 11"
40	131' 2"	90	295' 3"
41	134' 6"	91	298' 6"
42	137' 9"	92	301' 10"
43	141' 0"	93	305' 1"
44	144' 4"	94	308' 4"
45	147' 7"	95	311' 8"
46	150' 11"	96	314' 11"
47	154' 2"	97	318' 2"
48	157' 5"	98	321' 6"
49	160' 9"	99	324' 9"
50	164' 0"	100	328' 1"

CENTIMETERS

Centimeters	Feet & Inches	Centimeters	Feet & Inches
1	0' ⅜"	51	1' 8"
2	0' ¾"	52	1' 8¼"
3	0' 1"	53	1' 8½"
4	0' 1⅜"	54	1' 9¼"
5	0' 1¾"	55	1' 9½"
6	0' 2⅛"	56	1' 10"
7	0' 2½"	57	1' 10⅜"
8	0' 3"	58	1' 10¾"
9	0' 3⅜"	59	1' 11"
10	0' 3¾"	60	1' 11⅜"
11	0' 4⅛"	61	2' 0"
12	0' 4½"	62	2' ¼"
13	0' 5"	63	2' ½"
14	0' 5½"	64	2' 1"
15	0' 5⅞"	65	2' 1⅜"
16	0' 6⅜"	66	2' 1¾"
17	0' 6¾"	67	2' 2⅛"
18	0' 7"	68	2' 2½"
19	0' 7⅜"	69	2' 3"
20	0' 7⅞"	70	2' 3⅜"
21	0' 8¼"	71	2' 3¾"
22	0' 8⅝"	72	2' 4⅛"
23	0' 9"	73	2' 4½"
24	0' 9⅜"	74	2' 5"
25	0' 9⅞"	75	2' 5⅜"
26	0' 10"	76	2' 5¾"
27	0' 10⅜"	77	2' 6⅛"
28	0' 11"	78	2' 6½"
29	0' 11⅜"	79	2' 7"
30	0' 11¾"	80	2' 7⅜"
31	1' 0"	81	2' 7⅞"
32	1' ½"	82	2' 8¼"
33	1' ⅝"	83	2' 8⅝"
34	1' 1"	84	2' 9"
35	1' 1⅜"	85	2' 9⅜"
36	1' 2"	86	2' 9¾"
37	1' 2⅜"	87	2' 10⅛"
38	1' 2⅞"	88	2' 10½"
39	1' 3⅜"	89	2' 11"
40	1' 3¾"	90	2' 11⅜"
41	1' 4"	91	2' 11⅞"
42	1' 4⅜"	92	3' 0"
43	1' 4¾"	93	3' ⅜"
44	1' 5⅜"	94	3' 1"
45	1' 5¾"	95	3' 1⅜"
46	1' 6"	96	3' 1¾"
47	1' 6⅜"	97	3' 2"
48	1' 6⅞"	98	3' 2⅜"
49	1' 7⅜"	99	3' 2⅞"
50	1' 7⅞"	100	3' 3⅜"

FEET AND INCHES INTO METERS

Ft.	Meters	Ft.	Meters	Ft.	Meters	Ft.	Meters	Inch.	Meters
1	.3048	51	15.5448	101	30.7848	151	46.0248	¼	.0063
2	.6096	52	15.8496	102	31.0896	152	46.3296	½	.0127
3	.9144	53	16.1544	103	31.3944	153	46.6344	¾	.0190
4	1.2192	54	16.4592	104	31.6992	154	46.9392	1	.0254
5	1.5240	55	16.7640	105	32.0040	155	47.2440	¼	.0317
6	1.8288	56	17.0688	106	32.3088	156	47.5488	½	.0381
7	2.1336	57	17.3736	107	32.6136	157	47.8536	¾	.0444
8	2.4384	58	17.6784	108	32.9184	158	48.1584	2	.0508
9	2.7432	59	17.9832	109	33.2232	159	48.4632	¼	.0571
10	3.0480	60	18.2880	110	33.5280	160	48.7680	½	.0635
11	3.3528	61	18.5928	111	33.8328	161	49.0728	¾	.0698
12	3.6576	62	18.8976	112	34.1376	162	49.3776	3	.0762
13	3.9624	63	19.2024	113	34.4424	163	49.6824	¼	.0825
14	4.2672	64	19.5072	114	34.7472	164	49.9872	½	.0889
15	4.5720	65	19.8120	115	35.0520	165	50.2920	¾	.0952
16	4.8768	66	20.1168	116	35.3568	166	50.5968	4	.1016
17	5.1816	67	20.4216	117	35.6616	167	50.9016	¼	.1079
18	5.4864	68	20.7264	118	35.9664	168	51.2067	½	.1143
19	5.7912	69	21.0312	119	36.2712	169	51.5112	¾	.1206
20	6.0960	70	21.3360	120	36.5760	170	51.8160	5	.1270
21	6.4008	71	21.6408	121	36.8808	171	52.1208	¼	.1333
22	6.7056	72	21.9456	122	37.1856	172	52.4256	½	.1397
23	7.0104	73	22.2504	123	37.4904	173	52.7304	¾	.1460
24	7.3152	74	22.5552	124	37.7952	174	53.0352	6	.1524
25	7.6200	75	22.8600	125	38.1000	175	53.3400	¼	.1587
26	7.9248	76	23.1648	126	38.4048	176	53.6448	½	.1651
27	8.2296	77	23.4696	127	38.7096	177	53.9496	¾	.1714
28	8.5344	78	23.7744	128	39.0144	178	54.2544	7	.1778
29	8.8392	79	24.0792	129	39.3192	179	54.5592	¼	.1841
30	9.1440	80	24.3840	130	39.6240	180	54.8640	½	.1905
31	9.4488	81	24.6888	131	39.9288	181	55.1688	¾	.1968
32	9.7536	82	24.9936	132	40.2339	182	55.4736	8	.2032
33	10.0584	83	25.2984	133	40.5384	183	55.7784	¼	.2095
34	10.3632	84	25.6032	134	40.8432	184	56.0832	½	.2159
35	10.6680	85	25.9080	135	41.1480	185	56.3880	¾	.2222
36	10.9728	86	26.2128	136	41.4528	186	56.6928	9	.2286
37	11.2776	87	26.5176	137	41.7576	187	56.9976	¼	.2349
38	11.5824	88	26.8224	138	42.0624	188	57.3024	½	.2413
39	11.8872	89	27.1272	139	42.3672	189	57.6072	¾	.2476
40	12.1920	90	27.4320	140	42.6720	190	57.9120	10	.2540
41	12.4968	91	27.7368	141	42.9768	191	58.2168	¼	.2603
42	12.8016	92	28.0416	142	43.2816	192	58.5216	½	.2667
43	13.1064	93	28.3464	143	43.5864	193	58.8264	¾	.2730
44	13.4112	94	28.6512	144	43.8912	194	59.1312	11	.2794
45	13.7160	95	28.9560	145	44.1960	195	59.4360	¼	.2857
46	14.0208	96	29.2608	146	44.5008	196	59.7408	½	.2921
47	14.3256	97	29.5656	147	44.8056	197	60.0456	¾	.2984
48	14.6304	98	29.8704	148	45.1104	198	60.3504	12	.3048
49	14.9352	99	30.1752	149	45.4152	199	60.6552		
50	15.2400	100	30.4800	150	45.7200	200	60.9600		

APPROXIMATE METRIC EOUIVALENTS IN YARDAGE SYSTEM

1 meter	39.37 inches	3,000 meters	1 mile 1,520 yards, 2 feet, 6 inches
100 meters	109 yards, 1 foot, 1 inch	3,200 meters	1 mile, 1,739 yards, 1 foot, 8 inches
110 meters	120 yards, 11 inches	5,000 meters	3 miles, 188 yards, 2 inches
200 meters	218 yards, 2 feet, 2 inches	10,000 meters	6 miles, 376 yards, 4 inches
400 meters	437 yards, 1 foot, 4 inches	1 inch	2.54 centimeters
800 meters	874 yards, 2 feet, 8 inches	1 foot	.3048 meter
1,500 meters	1,640 yards, 1 foot, 3 inches	1 yard	.9144 meter
1,600 meters	1,749 yards, 2 feet, 4 inches	1 mile	1,609.3 meters

METRIC EVENTS FOR HIGH SCHOOL TRACK

Metric Length	Length in English Measure	Existing Equivalent Event	Difference in Length
75 meters	246 feet, ¾ inch	80 yards	6 feet, ¼ inch longer
100 meters	238 feet, 1 inch	100 yards	28 feet, 1 inch longer
100 meters	328 feet 1 inch	110 yards	1 foot, 11 inches shorter
110 meters	360 feet, 10⅞ inches	120 yards	10⅛ inches longer
165 meters	541 feet, 4⅛ inches	180 yards	1 foot, 4⅛ inches longer
200 meters	656 feet, 2 inches	220 yards	3 feet, 10 inches shorter
300 meters	984 feet, 3 inches	330 yards	5 feet, 9 inches shorter
400 meters	1,312 feet, 4 inches	440 yards	7 feet, 8 inches shorter
800 meters	2,624 feet, 8 inches	880 yards	15 feet, 4⅛ inches shorter
1,500 meters	4,921 feet, 3 inches	1 mile	358 feet, 9 inches shorter
1,600 meters	5,249 feet, 4 inches	1 mile	30 feet, 8 inches shorter
3,000 meters	9,842 feet, 5⅞ inches	2 miles	717 feet, 6⅛ inches shorter
3,200 meters	10,498 feet, 8 inches	2 miles	61 feet, 4 inches shorter

CHAPTER SEVEN
TOURNAMENT DRAWINGS

There are several different kinds of bracket arrangements that may be used in conducting tournament competition, and the type of elimination is usually determined by several factors: **(1) The type of activity, (2) The number of entries, (3) The amount of playing time, (4) Playing space and equipment, (5) Age of participants and (6) Officials available.**

With a large number of entries it is sometimes desirable to run a combination tournament. For example: A double elimination-single elimination tournament. The winners of the double-elimination brackets compete in a single-elimination tournament to determine the ultimate champion.

Number of Byes. The first step before making a drawing for the bracket arrangement is to determine the number of entries.

When the number of competitors is 4, 8, 16, 32, 64 or 128, or any higher power of "2," they shall meet in pairs. When the number of competitors is not a power of "2," there shall be byes in the first round. For example: If there are 13 entries, a bracket of 16 with three byes is required. The purpose of having byes is to bring into the second round a number of competitors that is a power of "2." To determine the number of byes, subtract the number of competitors from the next higher power of "2;" to determine the number of competitors in the first round, subtract the number of byes from the total number of competitors. If the byes are an even number, one-half of them shall be placed at the top of the draw and one-half at the bottom of the draw; if they are unevenly numbered, there should be one more bye at the bottom than the top. The byes at the top half shall be the first names drawn. The next names drawn shall be placed in the first round. The byes in the bottom half are drawn last.

Seeding the Draw. It is a common practice to select the best teams or individuals and place them in the bracket so that they will not meet in the early rounds of play. Two or more entries may be seeded usually the four best are selected in a 16-name bracket and eight in a 32-name bracket. The seeded entrants are usually placed in the first, fifth, ninth, 13th, etc., bracket positions. The Nos. 1 and 4 seeded teams are generally placed in the first and fifth positions of the top bracket, and the Nos. 2 and 3 seeded teams in the ninth and 13th positions of the lower bracket; or Nos. 1 and 3 in the upper with Nos. 2 and 4 seeded teams in the lower half.

SINGLE-ELIMINATION TOURNAMENT

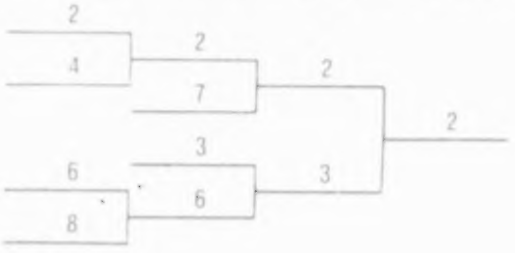
If the contestants are of equal strength or their strength is not known, have a drawing for positions in the bracket. If the strength is known, seed the best teams so they will not meet in the early rounds. Place the seeded entries in the first, fifth, ninth, 13th, etc., positions.

All byes must occur in the first round of play. The total number of games played is always one less than the number of entries. To determine the number of games that the winner would have to play count the powers of two in the number of entries, e.g., with 32 entries the winner plays five games.

8-MAN CHAMPIONSHIP BRACKET

CONSOLATION PAIRING

CONSOLATION WITH CROSS-BRACKETING

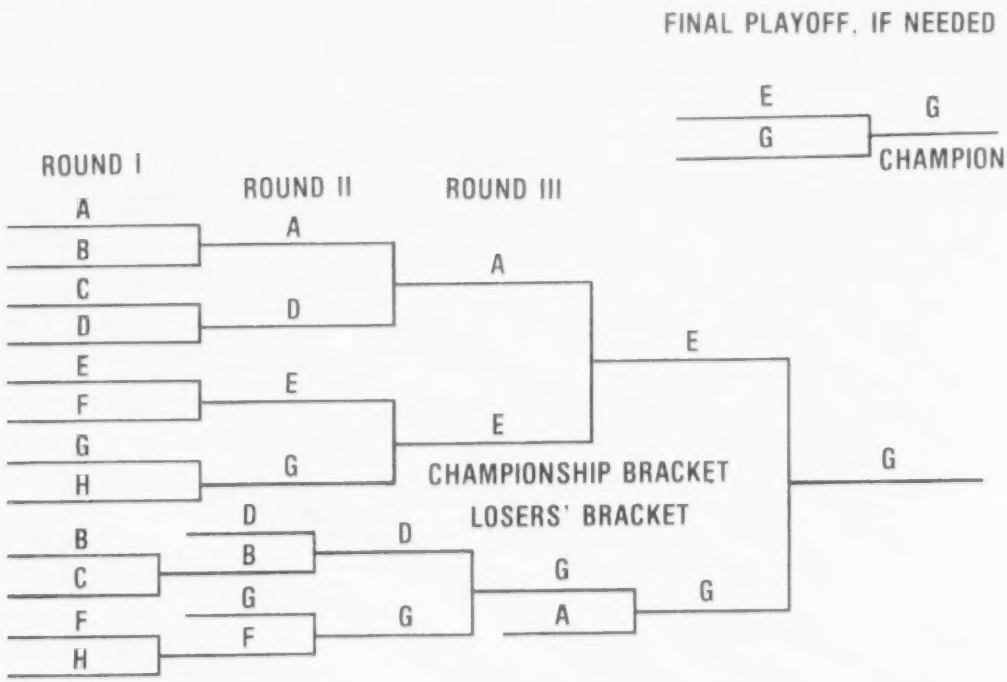


DOUBLE-ELIMINATION TOURNAMENT

Two defeats eliminate an entry in this tournament. The losers in the first rounds move into the losers' bracket. The teams which advance farthest in either bracket meet each other in the final game. Should the winner of the losers' bracket defeat the winner of the first-round bracket, the teams are rematched for the championship when one team will have lost two games.

Byes are distributed in the first round of the original elimination brackets as in a single-elimination tournament, but in the first round of the losers' brackets, byes must be arranged to avoid giving a second bye to an entry that has already had a bye. Also, at all stages of the losers' bracket, avoid pairing entries that have met in earlier rounds, if possible.

This type of tournament is seldom used unless the entries are eight or less in number. If more than eight entries, double the process and the two winners meet for the title.



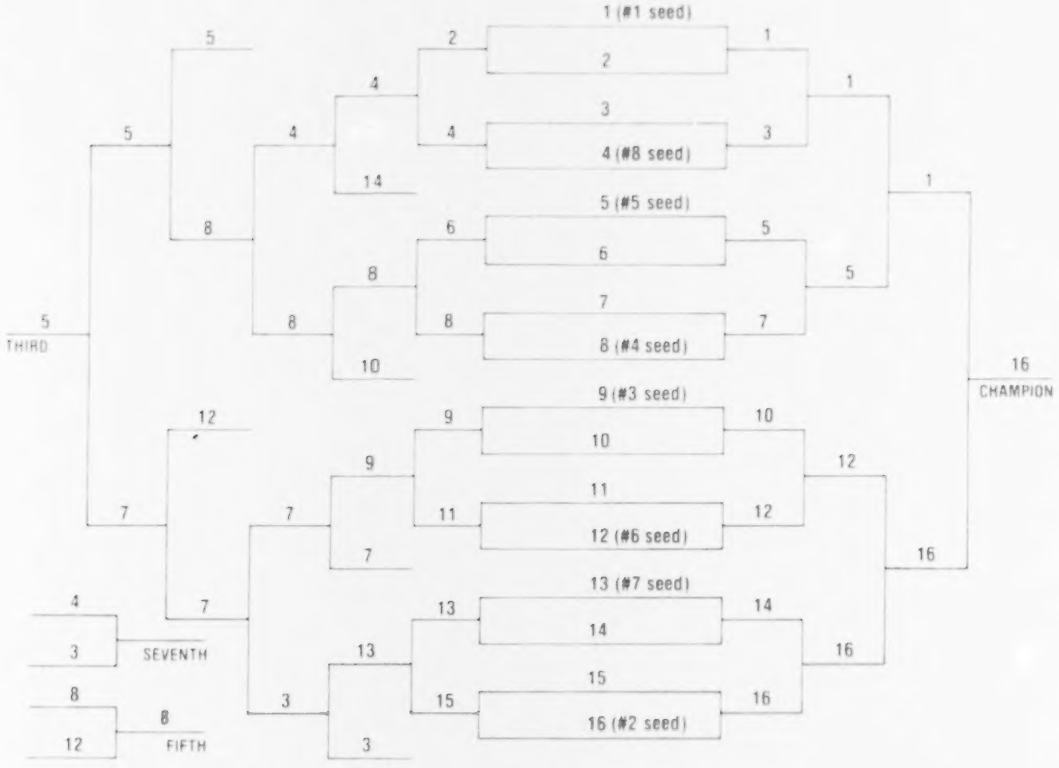
FINAL STANDINGS
1st — G
2nd — E
3rd — A
4th — D

Formula for total number of games, with N representing **Number of entries: 2(N-1) = Minimum Games to Play; 2(N-1) + 1 = Maximum Games to Play.**

CONSOLATION TOURNAMENT

The consolation tournament generally is useo only when the number of entries is 8 or 16. The losers in all rounds except the final of the upper bracket compete for third and fourth place. Every team plays at least two games before being eliminated.

16-MAN DOUBLE ELIMINATION BRACKET

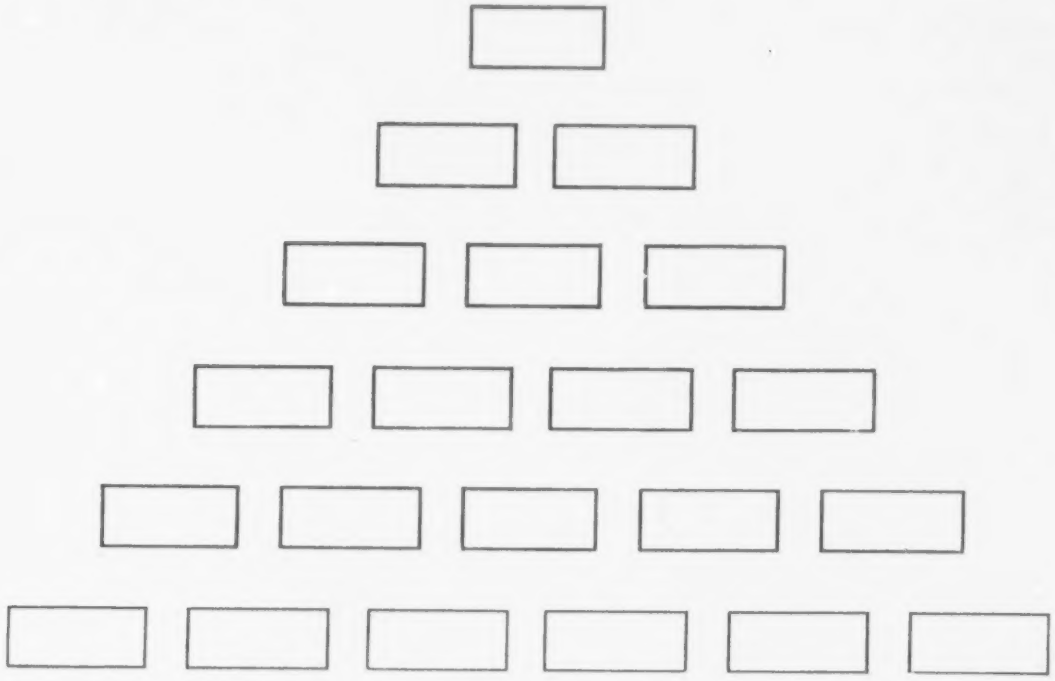


LADDER TOURNAMENT

In a ladder tournament the competition is arranged by challenge and the tournament requires a minimum of supervision. A player may challenge either of the two players above him/her in the ladder. If the challenger wins, he/she exchanges places with the loser in the ladder. All challenges must be accepted and played at an agreed time. Players draw for positions in the ladder; a starting and closing date for the tournament must be announced. Each player carries his/her handicap against all players, in case handicaps are used.

PYRAMID TOURNAMENT

The pyramid tournament is similar to the ladder tournament except the design is challenging and allows for more participation. After the original drawings are made, any player may challenge any other player in the same horizontal row. If the player wins, he/she may then challenge anyone in the row above; the two change places in the pyramid.



ROUND ROBIN TOURNAMENT

In this simple but efficient method, earh team plays every other team once, with the final standing determined on a percentage basis.

The following formula will apply to any number of teams, whether the total is odd or even. With an odd number of teams there is the same number of rounds,- with an even number of teams there is one less number of games than teams.

FOR ODD NUMBER OF TEAMS

Assign to each team a number and then use only the figures in drawing the schedule. For example, in a league with seven teams start with 1, putting down figures in the following order:

(1)	(2)	(3)	(4)	(5)	(6)	(7)
7-bye	6-bye	5-bye	4-bye	3-bye	2-bye	1-bye
6-1	5-7	4-6	3-5	2-4	1-3	7-2
5-2	4-1	3-7	2-6	1-5	7-4	6-3
4-3	3-2	2-1	1-7	7-6	6-5	5-4

Note that the figures go down on the right side and up on the left. No. 7 draws a bye in the first round and the others play as indicated. With an odd number of teams, all numbers revolve and the last number each time draws a bye.

FOR EVEN NUMBER OF TEAMS

With an even number of teams the plan is the same except the position of No. 1 remains stationary and the other numbers revolve about it until the original combination is reached. For example, with eight teams:

(1)	(2)	(3)	(4)	(5)	(6)	(7)
1-2	1-8	1-7	1-6	1-5	1-4	1-3
8-3	7-2	6-8	5-7	4-6	3-5	2-4
7-4	6-3	5-2	4-8	3-7	2-6	8-5
6-5	5-4	4-3	3-2	2-8	8-7	7-6

Two things only must be remembered-. (1) With an even number of teams, No. 1 remains stationary and the other numbers revolve. (2) With an odd number of teams, all numbers revolve and the last number each time draws a bye.

TOURNAMENT SCHEDULE CALCULATOR

Teams Entered	Byes		Single Elim. No. Games	Double Elim No. Games	Round Robin No. Games
	Top	Bottom			
4	0	0	3	6 or 7	6
5	1	2	4	8 or 9	10
6	1	1	5	10 or 11	15
7	0	1	6	12 or 13	21
8	0	0	7	14 or 15	28
9	3	4	8	16 or 17	36
10	3	3	9	18 or 19	45
11	2	3	10	20 or 21	55
12	2	2	11	22 or 23	66
13	1	2	12	24 or 25	78
14	1	1	13	26 or 27	91
15	0	1	14	28 or 29	105
16	0	0	15	30 or 31	
17	7	8	16	32 or 33	
18	7	7	17	34 or 35	
19	6	7	18	36 or 37	
20	6	6	19	38 or 39	
21	5	6	20	40 or 41	
22	5	5	21	42 or 43	
23	4	5	22	44 or 45	
24	4	4	23	46 or 47	
25	3	4	24	48 or 49	
26	3	3	25	50 or 51	
27	2	3	26	52 or 53	
28	2	2	27	54 or 55	
29	1	2	28	56 or 57	
30	1	1	29	58 or 59	
31	0	1	30	60 or 61	
32	0	0	31	62 or 63	

CHAPTER EIGHT

NATIONAL SPORTS GOVERNING BODIES

OLYMPIC/PAN AMERICAN SPORT ORGANIZATIONS

ARCHERY — NATIONAL ARCHERY ASSOCIATION (NAA)

One Olympic Plaza
Colorado Springs, CO 80909
Telephone: 719-578-4576

Fax: 719.632.4733
E-ml.:102036.3634@compuserve.com
Web site: www.usarchery.org

ATHLETICS — USA TRACK & FIELD (USATF)

One RCA Dome
Suite 140
Indianapolis, IN 46225
Mailing Address: PO Box 120
Indianapolis, IN 46206-0120

Telephone: 317-261-0500
Fax: 317.261.0481
E-mail: usatfadmin@aol.com
Web site: www.usatf.org

BADMINTON — USA BADMINTON

One Olympic Plaza
Colorado Springs, Colorado 80909
Telephone: 719-578-4808

Fax: 719.578.4507
E-mail: usab2004@rmi.net
Web site: www.usabadminton.org

BASEBALL — USA BASEBALL

Hi Corbett Field
3400 East Camino Campestre
Tucson, AZ 85716
Telephone: 520-327-9700

Fax: 520.327.9221
E-mail: usabaseball@aol.com
Web site: www.usabaseball.com

BASKETBALL — USA BASKETBALL (USAB)

5465 Mark Dabling Blvd.
Colorado Springs, CO 80918
Telephone: 719-590-4800

Fax: 719.590.4811
E-mail: fanmail@usabasketball.com
Web site: usabasketball.com

BIATHLON — UNITED STATES BIATHLON ASSOCIATION (USBA)

20 Ethan Allen Avenue
Colchester, VT 05446
Telephone: 802-654-7833

Fax: 802.654.7830
E-mail: usbiathlon@oal.com
Web site: www.llbean.com

BOBSLEDDING — UNITED STATES BOBSLED & SKELETON FEDERATION

PO Box 828
Lake Placid, NY 12946
Telephone: 518-523-1842/1843

Fax: 518.523.9491
E-mail: info@usabobsled.org
Web site: usabobsled.org

BOWLING — USA BOWLING

5301 South 76th Street
Greendale, WI 53129
Telephone: 414-421-9008

Fax: 414.421.1194
E-mail: jhimse@bowlinginc.com
Web site: www.bowl.org

BOXING — USA BOXING

One Olympic Plaza
Colorado Springs, CO 80909-5776
Telephone: 719-578-4506
Fax: 719.632.3426
E-mail: usaboxing@aol.com

CANOE/KAYAK — AMER. CANOE ASSOC. (ACA)/U.S. CANOE & KAYAK TEAM(USCKT)

American Canoe Association
7432 Alban Station Boulevard, Suite B232
Springfield, Virginia 22150
Telephone: 703-451-0141
Fax: 703.451.2245
E-mail: acadirect@aol.com
Web site: www.aca-paddler.org

U.S. Canoe and Kayak Team
421 Old Military Road
Lake Placid, New York 12946
Telephone: 518-523-1855
Fax: 518.523.3767
E-mail: usckt@aol.com
Web site: web.applied.net/usckt/

CYCLING — USA CYCLING, INC.

One Olympic Plaza
Colorado Springs, CO 80909-5775
Telephone: 719-578-4581
Fax: 719.578.4628
Web site: www.usacycling.org

DIVING — UNITED STATES DIVING, INC. (USD)

Pan American Plaza
201 South Capitol Avenue, Suite 430
Indianapolis, IN 46225
Telephone: 317-237-5252
Fax: 317.237.5257
E-mail: usdiving@aol.com
Web site: www.usdiving.org

EQUESTRIAN — AMERICAN HORSE SHOWS ASSOCIATION (AHSA)

220 East 42nd Street, Suite 409
New York, NY 10017-5876
Telephone: 212-972-2472
Fax: 212.983.7286

FENCING — U.S. FENCING ASSOCIATION (USFA)

One Olympic Plaza
Colorado Springs, CO 80909
Telephone: 719-578-4511
Fax: 719.632.5737
E-mail: usfencing@aol.com
Web site: www.usfa.org

FIELD HOCKEY (MEN AND WOMEN) — UNITED STATES FIELD HOCKEY ASSOCIATION

One Olympic Plaza
Colorado Springs, CO 80909-5773
Telephone: 719-578-4567
Fax: 719.578.4539
E-mail: usfha@usfieldhockey.com
Web site: www.usfieldhockey.com

FIGURE SKATING — UNITED STATES FIGURE SKATING ASSOCIATION (USFSA)

20 First Street
Colorado Springs, CO 80906-3697
Telephone: 719-635-5200
Fax: 719.635.9548
E-mail: usfsa1@aol.com
Web site: www.members.gnncom/usfa/index.html

GYMNASTICS — USA GYMNASTICS

Pan American Plaza
201 South Capitol Avenue, Suite 300
Indianapolis, IN 46225
Telephone: 317-237-5050
Fax: 317.237.5069
Web site: www.usa-gymnastics.org

ICE HOCKEY — USA HOCKEY (USAH)

1775 Bob Johnson Drive
Colorado Springs, CO 80919
Telephone: 719-599-5500

Fax: 719.599.5994
E-mail: usah@usahockey.org
Web site: www.usahockey.com

JUDO — UNITED STATES JUDO, INC. (USJI)

One Olympic Plaza, Suite 202
Colorado Springs, CO 80909

Telephone: 719-578-4730
Fax: 719.578.4733

LUGE — U.S. LUGE ASSOCIATION, INC. (USLA)

PO Box 651
Lake Placid, NY 12946
Telephone: 518-523-2071

Fax: 518.523.4106
E-mail: usaluge@usaluge.org
Web site: www.usaluge.org

MODERN PENTATHLON — U.S. MODERN PENTATHLON ASSOCIATION (USMPA)

530 McCullough, Suite 248
San Antonio, TX 78215
Telephone: 210-246-3000

Fax: 210.246.3096
E-mail: usmpa@texnet.org

RACQUETBALL — UNITED STATES RACQUETBALL ASSOCIATION (USRA)

1685 West Uintah
Colorado Springs, CO 80904
Telephone: 719-635-5396
Fax: 719.635.0685

E-mail: usragen@webaccess.net
Web sites: www.racquetball.org
www.usra.org

ROLLER SKATING — U.S. AMATEUR ROLLER SKATING (USA/RS)

4730 South Street
PO Box 6579
Lincoln, NE 68506
Telephone: 402-483-7551

Fax: 402.483.1465
E-mail: usacrs@usacrs.com
Web site: www.usacrs.com

ROWING — U.S. ROWING ASSOCIATION (USRA)

Pan American Plaza
201 South Capitol Avenue, Suite 400
Indianapolis, IN 46225
Telephone: 317-237-5656

Fax: 317.237.5646
E-mail: members@usrowing.org
Web site: www.usrowing.org

SHOOTING — NATIONAL RIFLE ASSOCIATION OF AMERICA (NRA)

11250 Waples Mill Road
Fairfax, Virginia 22030-7400
Telephone: 703-267-1170

Fax: 703.267.3918
E-mail: www.nra.org
Web site: www.nra.org

SKIING — U.S. SKI AND SNOWBOARD ASSOCIATION (USSA)

1500 Kearns Boulevard, Suite F
PO Box 100
Park City, UT 84060

Telephone: 435-649-9090
Fax: 435.649.3613
Web site: www.usskiteam.com

SOCCER — UNITED STATES SOCCER FEDERATION (USSF)

U.S. Soccer House
1801-1811 South Prairie Avenue
Chicago, IL 60616
Telephone: 312-808-1300

Fax: 312.808.1301
E-mail: socfed@aol.com
Web site: www.us-soccer.com

SPEEDSKATING — U.S. SPEEDSKATING

PO Box 16157
Rocky River, Ohio 44116
Telephone: 440-899-0128

Fax: 440.899.0109
E-mail: usskate@ix.netcom.com
Web site: www.usspeedskating.org

SWIMMING — UNITED STATES SWIMMING, INC. (USS)

One Olympic Plaza
Colorado Springs, CO 80909-5770
Telephone: 719-578-4578

Fax: 719.578.4669
E-mail: ltarpy@usswim.org
Web site: www.usswim.org

SYNCHRONIZED SWIMMING — U.S. SYNCHRONIZED SWIMMING, INC. (USSS)

Pan American Plaza
201 South Capitol Avenue, Suite 901
Indianapolis, IN 46225
Telephone: 317-237-5700

Fax: 317.237.5705
E-mail: webmaster@usasynchro.org
Web site: www.usasynchro.org

TABLE TENNIS — USA TABLE TENNIS (USATT)

One Olympic Plaza
Colorado Springs, CO 80909-5769
Telephone: 719-578-4583

Fax: 719.632.6071
E-mail: usatt@iex.net
Web site: www.usatt.org

TAEKWONDO — UNITED STATES TAEKWONDO UNION (USTU)

One Olympic Plaza, Suite 405
Colorado Springs, CO 8090
Telephone: 719-578-4632

Fax: 719.578.4642
E-mail: ustutkd1@aol.com
Web site: www.ustu.com

TEAM HANDBALL — USA TEAM HANDBALL

1903 Powers Ferry Road, Suite 230
Atlanta, Georgia 30339
Telephone: 770-956-7660
Fax: 770.956.7976

E-mail: usateamhandball@mind spring.com
Web site: www.usateamhandball.org

TENNIS — UNITED STATES TENNIS ASSOCIATION (USTA)

70 West Red Oak Lane
White Plains, NY 10604
Telephone: 914-696-7000

Fax: 914.696.7167
Web site: www.usta.com

VOLLEYBALL — USA VOLLEYBALL (USAV)

3595 East Fountain Boulevard, Suite I-2
Colorado Springs, CO 80910-1740
Telephone: 719-637-8300

Fax: 719.597.6307
E-mail: lorenegraves@usav.org
Web site: www.volleyball.org/usa

WATER POLO — UNITED STATES WATER POLO, INC. (USWP)

1685 West Uintah
Colorado Springs, Colorado 80904-2921
Telephone: 719-695-5396

Fax: 719.635.0685
E-mail: uswpoffice@aol.com
Web site: www.ewpra.org/uswp

WEIGHTLIFTING — USA WEIGHTLIFTING (USAW)

One Olympic Plaza
Colorado Springs, CO 80909-5764
Telephone: 719-578-4508

FAX:719.578.4741
E-mail: usa@usaw.org
Web site: www.usaw.org

WRESTLING — USA WRESTLING

6155 Lehman Drive
Colorado Springs, CO 80918
Telephone: 719-598-8181
Fax: 719.598.9440
E-mail: usaw@concentric.net
Web site: www.usawrestling.org

YACHTING (SAILING) — UNITED STATES SAILING ASSOCIATION (US SAILING)

PO Box 1260
15 Maritime Drive
Portsmouth, RI 02871-0907
Telephone: 401-683-0800
Fax: 401.683.0840
E-mail: ussailing@compuserve.com
Web site: www.ussailing.org

AFFILIATED SPORT ORGANIZATIONS

ACROBATICS — UNITED STATES SPORTS ACROBATICS FEDERATION (USSAF)

Roger McFarland
La Sierra University
Riverside, CA 91515

Telephone: 909-785-2293
Fax: 909.785.2901

CURLING — UNITED STATES CURLING ASSOCIATION (USCA)

1100 CenterPoint Drive
PO Box 866
Stevens Point, WI 54481
Telephone: 715-344-1199

Fax: 715.344.2279
E-mail: usacurlcoredcs.com
Web site: www.usacore.org

KARATE — USA KARATE FEDERATION (USAKF)

1300 Kenmore Boulevard
Akron, OH 44314
Telephone: 330-753-3114

FAX: 330.753.6967
E-mail: usakarate@imperium.net

ORIENTEERING — UNITED STATES ORIENTEERING FEDERATION (USOF)

President: Rick Worner, 874 Edgemere Drive, Rochester, NY 14612; 716-865-2166 (H)
Executive Director: Ms. Robin Shannonhouse, PO Box 1444, Forest Park, GA 30298; 404-363-2110 (H/B), Web site: www.usorienteering.org
Director of Marketing and Public Relations: Jon Nash, 10 Tenney Hill Rd., Kittery Point, ME 03905; 207-439-7096 (H)
Director of Olympic Relations: Chip Nippert DPM, 2637 Bittersweet Drive, Wilmington, DE 19810; 302-529-1086 (H), 302-652-5767 (W)

SQUASH — UNITED STATES SQUASH RACQUETS ASSOCIATION (USSRA)

23 Cynwyd Road
PO Box 1216
Bala-Cynwyd, PA 19004

Telephone: 610-667-4006
Fax: 610.667.6539
E-mail: us-squash.org/squash/

TRAMPOLINE AND TUMBLING — AMERICAN TRAMPOLINE AND TUMBLING ASSOCIATION (ATTA)

PO Box 306
Brownfield, TX 79316
Telephone: 806-637-8670

Fax: 806.637.9046
E-mail: usat-t.org

TRIATHLON — TRIATHLON FEDERATION USA (TFUSA)

3595 East Fountain Boulevard, Suite F-1
Colorado Springs, CO 80910
Telephone: 719-597-9090

Fax: 719.597.2121
E-mail: www.usatriathlon.org

UNDERWATERSWIMMING — UNDERWATER SOCIETY OF AMERICA (USOA)

PO Box 628
Daly City, CA 94017
Telephone: 650-583-8492

Fax: 650.294.0614
E-mail: croseusaoa@aol.com

WATER SKI — AMERICAN WATER SKI ASSOCIATION (AWSA)

799 Overlook Drive, SE
Winter Haven, FL 33884-1671
Telephone: 941-324-4341

Fax: 941.325.8299
E-mail: 767741141@compuserve.com
Web site: www.usawaterski.org

ARMED FORCES SPORT ORGANIZATIONS
UNITED STATES ARMED FORCES

Director: Mr. William G. Begel, USACFSC (CFSC-AFS), Hoffman Bldg. #1, Rm. 1456, 2461 Eisenhower Avenue, Alexandria, VA 22331; 703-325-8871 (B), 703.325.2511 (FAX)
Deputy Director: Ms. Karen G. White, USACFSC, (CFSC-AFS), Hoffman Bldg. #1, Room 1456, 2461 Eisenhower Ave., Alexandria, VA 22331, 703-325-8871 (B), 703.325.2511 (FAX)
Chairman: Col. Steven B. Richards, Program Staff Officer, MWR & Services, HO USAF, 1111 Jefferson Davis Hwy., Suite 413, Arlington, VA 22203, 703-604-0010/0011 (B), 703.604.0321 (FAX)
Member: Mr. Jim Joy, Director, Morale, Welfare & Recreation Support Activity (MW), 3044 Catlin Avenue, Quantico, VA 22134-5099, 703-640-3808 (B), 703.640.7291 (FAX)
Member: Mr. Philip V. Cota, USACFSC (CFSC-CR-D), Hoffman Bldg. #1, Rm. 1456, 2461 Eisenhower Avenue, Alexandria, VA; 703-325-8871 (B), 703.325.-2511 (FAX)
Member: Mr. Dave Cosco, Director, MWR Division, Shore Installation Management Dir., OPNAV (N-46), 2000 Pentagon, Washington, D.C. 20350-2000, 703-695-5015 (B), 703.695.5045 (FAX)

COMMUNITY-BASED MULTISPORT ORGANIZATIONS

AMATEUR ATHLETIC UNION OF THE U.S. (AAU)

The Walt Disney World Resort
PO Box 10000
Lake Buena Vista,FL 32830-1000
Telephone: 407-363-6170

Fax: 407.363.6710
Web site: aausports.org

AMERICAN ALLIANCE FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE (AAHPERD)

1900 Association Drive
Reston, VA 20191
Telephone: 703-476-3400

Fax: 703.476.9527
E-mail: info@aahperd.org
Web site: www.aahperd.org

CATHOLIC YOUTH ORGANIZATION (CYO)

1011 First Avenue
New York, NY 10022

Telephone: 212-371-1000
Fax: 212.826.3347

JCC ASSOCIATION (JCC)

15 East 26th Street
New York, NY 10010-1579
Telephone: 212-532-4949

Fax: 212.481.4174
E-mail: info@jcca.org

NATIONAL EXPLORING DIVISION, BOY SCOUTS OF AMERICA

Attn.: Bill Rogers (2433)
1325 West Walnut Hill Lane
PO Box 152079 (S210)
Irving, TX 75015-2079

Telephone: 972-580-2000
Fax: 972.580.2502
Web site: www.bsa.scouting.org

NATIONAL ASSOCIATION OF POLICE ATHLETIC LEAGUES (PAL)

618 North U.S. Hwy 1, Suite 201
North Palm Beach, FL 33408
Telephone: 561-844-1823

Fax: 561.863.6120
E-mail: copnkid1@aol.com

NATIONAL CONGRESS OF STATE GAMES (NCSG)

PO Box 7316
Billings, MT 59103
Telephone: 406-254-7426

Fax: 406.255.7439
E-mail: info@bigskygames.org
Web site: bigskygames.org

NATIONAL SENIOR GAMES ASSOCIATION

445 North Blvd., Suite 2001
Baton Rouge, LA 70802
Telephone: 504-379-7337

Fax: 504.379.7343
E-mail: nsga@idsmail.com

YMCA OF THE USA (YMCA)

101 North Wacker Drive
Chicago, IL 60606
Telephone: 312-977-0031

Fax: 312.977.9063
Web site: www.ymcausa.org

YWCA OF THE U.S.A., NATIONAL BOARD (YWCA)

350 Fifth Avenue, Third Floor
New York, NY 10118
Telephone: 212-273-7800

Fax: 212.465.2281
E-mail: www.handsnet.org
Web site: www.ywca.org

DISABLED SPORT ORGANIZATIONS

AMERICAN ATHLETIC ASSOCIATION OF THE DEAF, INC.

3607 Washington Boulevard, Suite 4
Ogden, UT 84403-1737
Telephone: 801-393-8710

Fax: 801.393.2263
E-mail: AAADEAF@aol.com

DWARF ATHLETIC ASSOCIATION OF AMERICA

Janet Brown
Executive Director
418 Willow Way
Lewisville, Texas 75067

Telephone 972-317-8299
Fax: 972.317.8299

DISABLED SPORTS USA

451 Hungerford Drive
Suite 100
Rockville, MD 20850
Telephone: 301-217-0960

Fax: 301.217.0968
E-mail: dsusa@susa.org
Web site: www.dsusa.org

WHEELCHAIR SPORTS, USA

3595 East Fountain Boulevard, Suite L-1
Colorado Springs, Colorado 80910
Telephone: 719-574-1150

Fax: 719.574.9840
E-mail: wsusa@aol.com
Web site: wsusa.org

SPECIAL OLYMPICS INTERNATIONAL, INC.

1325 G Street, NW
Fifth Floor
Washington, D.C. 20005
Telephone: 202-628-3630

Fax: 202.824.0200
E-mail: specialolympics@msn.com
Web site: www.specialolympics.org

UNITED STATES ASSOCIATION OF BLIND ATHLETES

33 North Institute Street
Colorado Springs, CO 80903
Telephone: 719-630-0422

Fax 719.630.0616
E-mail: usaba@usa.net
Web site: www.usaba.org

UNITED STATES CEREBRAL PALSY ATHLETIC ASSOCIATION

Attn: Jerry McCole, Program Director
200 Harrison Avenue
Newport, RI 02840
Telephone: 401-848-2460

Fax: 401.848.5280
E-mail: uscpaa@mail.bbsnet.com
Web site: www.uscpa.org

EDUCATION-BASED MULTISPORT ORGANIZATIONS

NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS (NAIA)

Two Warren Place, Suite 1450
6120 South Yale Avenue
Tulsa, Oklahoma 74136-4242
Telephone: 918-494-8828

Fax: 918.494.8841
E-mail: jkehl@naia.org
Web site: www.naia.org

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION (NCAA)

6201 College Boulevard
Overland Park, KS 66211-2422
Telephone: 913-339-1906
Fax: 913-339-1950

E-mails: wrenfro@ncaa.org
kdickson@ncaa.org
Web site: www.ncaa.org

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)

PO Box 20626 (64195-0626)
11724 NW Plaza Circle
Kansas City, MO 64153-1158

Telephone: 816-464-5400
Fax: 816.464.5571
Web site: www.nfhs.org

NATIONAL JUNIOR COLLEGE ATHLETIC ASSOCIATION (NJCAA)

PO Box 7305
Colorado Springs, CO 80933-7305
Telephone: 719-590-9788/9789

Fax 719.590.7324
Web site: www.njcaa.org

CHAPTER NINE
RECORDS CENTERS
RECORD BOOK CONTACTS
EDUCATION-BASED MULTISPORT ORGANIZATIONS

NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS (NAIA)

Doug Mosley
Sports Information Director
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Web site: www.naia.org

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION (NCAA)

NCAA Publishing
PO Box 7347
Fax: 913-339-1950
Shawnee Mission, KS 66207-0347
Telephone: 913-339-1906

Fax: 913-339-1950
E-mail: wrenfro@ncaa.org
kdickson@ncaa.org
Web site: www.ncaa.org

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)

John Gillis
Assistant Director/Editor, National High School
Sports Record Book
PO Box 20626 (64195-0626)
11724 NW Plaza Circle

Kansas City, MO 64153-1158
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NATIONAL JUNIOR COLLEGE ATHLETIC ASSOCIATION (NJCAA)

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Bookkeeper
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Telephone: 719-590-9788/9789
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Web site: www.njcaa.org

CHAPTER TEN
DECATHLON/HEPTATHLON
SCORING TABLES

BOYS DECATHLON

The boys decathlon shall consist of 10 events which shall be held on two consecutive days in the following order, unless state association rules apply:

First Day	Second Day
100-meter Dash	Triple Jump or Javelin
Long Jump	Discus
Shot Put	110-meter High Hurdles
High Jump	Pole Vault
400-meter Dash	1,600-meter Run

100-METER DASH

Points	Seconds	Points	Seconds	Points	Seconds
932	10.5	520	12.3	213	14.1
905	10.6	501	12.4	198	14.2
879	10.7	482	12.5	184	14.3
853	10.8	463	12.6	170	14.4
823	10.9	444	12.7	156	14.5
804	11.0	426	12.8	142	14.6
780	11.1	408	12.9	128	14.7
756	11.2	390	13.0	114	14.8
733	11.3	373	13.1	101	14.9
710	11.4	356	13.2	88	15.0
687	11.5	339	13.3	75	15.1
665	11.6	322	13.4	49	15.3
643	11.7	306	13.5	36	15.4
622	11.8	290	13.6	24	15.5
601	11.9	274	13.7	12	15.6
580	12.0	258	13.8	0	15.7
560	12.1	243	13.9		
540	12.2	228	14.0		

LONG JUMP

Points	Meters	Feet/Inches	Points	Meters	Feet/Inches	Points	Meters	Feet/Inches
921	7.50	24' 7¼"	728	6.56	21' 6¼"	505	5.56	18' 3"
917	7.48	24' 6½"	723	6.54	12' 5½"	503	5.55	18' 2¾"
913	7.46	24' 5¼"	719	6.52	21' ¼"	498	5.53	18' 2"
909	7.44	24' 5"	715	6.50	21' 4"	493	5.51	18' 1"
905	7.42	24' 4¼"	710	6.48	21' 3¼"	489	5.49	18' ¼"
901	7.40	24' 3¼"	706	6.46	21' 2¼"	484	5.47	17' 11½"
897	7.38	24' 2½"	701	6.44	21' 1½"	479	5.45	17' 10¾"
895	7.37	24' 2"	697	6.42	21' ¾"	475	5.43	17' 10"
891	7.35	24' 1½"	693	6.40	21' 0"	470	5.41	17' 9¼"
998	7.33	24' ½"	688	6.38	20' 11¼"	465	5.39	17' 8½"
883	7.31	23' 11¼"	684	6.36	20' 10½"	460	5.37	17' 7½"
881	7.30	23' 11½"	680	6.34	20' 9½"	456	5.35	17' 6¾"
877	7.28	23' 10¼"	675	6.32	20' 8¼"	451	5.33	17' 6"
875	7.27	23' 10¼"	671	6.30	20' 8"	446	5.31	17' 5¼"
871	7.25	23' 9½"	666	6.28	20' 7¼"	441	5.29	17' 4½"
869	7.24	23' 9"	662	6.26	20' 6½"	437	5.27	17' 3¾"
865	7.22	23' 8¼"	657	6.24	20' 5¼"	432	5.25	17' 2¼"
861	7.20	23' 7½"	653	6.22	20' 5"	427	5.23	17' 2"
857	7.18	23' 6¼"	648	6.20	20' 4"	423	5.21	17' 1¼"
853	7.16	23' 6"	644	6.18	20' 3¼"	418	5.19	17' 0"
848	7.14	23' 5¼"	640	6.16	20' 2½"	413	5.17	16' 11¾"
844	7.12	23' 4¼"	635	6.14	20' 1¼"	408	5.15	16' 11"
840	7.10	23' 3½"	631	6.12	20' 1"	403	5.12	16' 9¾"
836	7.08	23' 2¼"	626	6.10	20' ⅛"	395	5.10	16' 9"
617	6.06	19' 10½"	622	6.08	19' 11½"	390	5.08	16' 8¼"
832	7.06	23' 2"	617	6.06	19' 10½"	385	5.06	16' 7½"
828	7.04	23' 1¼"	613	6.04	19' 9¾"	381	5.04	16' 6½"
824	7.02	23' ½"	608	6.02	19' 9"	376	5.02	16' 5¾"
820	7.00	22' 11½"	604	6.00	19' 8¼"	371	5.00	16' 5"
816	6.98	22' 10¾"	600	5.98	19' 7½"	366	4.98	16' 4"
812	6.96	22' 10"	595	5.96	19' 6¾"	361	4.96	16' 3"
808	6.94	22' 9¼"	591	5.94	19' 6"	356	4.94	16' 2½"
804	6.92	22' 8½"	586	5.92	19' 5"	351	4.92	16' 1¾"
800	6.90	22' 7¾"	582	5.90	19' 4¼"	346	4.90	16' 1"
796	6.88	22' 7"	577	5.88	19' 3½"	341	4.88	16' 0"
791	6.86	22' 6"	573	5.86	19' 2¾"	336	4.86	15' 11½"
787	6.84	22' 5¼"	568	5.84	19' 2"	331	4.84	15' 10½"
782	6.82	22' 4½"	564	5.82	19' 1⅛"	326	4.82	15' 9¾"
778	6.80	22' 3¾"	560	5.80	19' ¼"	321	4.80	15' 9"
774	6.78	22' 3"	555	5.78	18' 11⅛"	316	4.78	15' 8"
770	6.76	22' 2¼"	551	5.76	18' 11"	311	4.76	15' 7½"
765	6.74	22' 1⅛"	546	5.74	18' 10¼"	306	4.74	15' 6¾"
761	6.72	22' ½"	542	5.72	18' 9¼"	301	4.72	15' 5¾"
757	6.70	21' 11¾"	537	5.70	18' 8½"	296	4.70	15' 5"
753	6.68	21' 11"	533	5.68	18' 7¾"	291	4.68	15' 4¼"
748	6.66	21' 10¼"	528	5.66	18' 7"	286	4.66	15' 3½"
744	6.64	21' 9½"	523	5.64	18' 6¼"	281	4.64	15' 2¾"
740	6.62	21' 8¾"	519	5.62	18' 5½"	276	4.62	15' 2"
736	6.60	21' 7¾"	514	5.60	18' 4¼"	271	4.60	15' 1¼"
732	6.58	21' 7"	510	5.58	18' 3⅛"	266	4.58	15' ¼"

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SHOT PUT

Points	Meters	Feet/Inches	Points	Meters	Feet/Inches	Points	Meters	Feet/Inches
970	18.19	59' 8¼"	731	14.04	46' ¾"	491	10.42	34' 2¼"
962	18.04	59' 2¼"	723	13.92	45' 8"	483	10.30	33' 9½"
954	17.89	58' 8¼"	715	13.79	45' 3"	475	10.20	33' 5½"
946	17.75	58' 2¾"	707	13.67	44' 10¼"	467	10.09	33' 2¼"
938	17.60	57' 9"	699	13.54	44' 5"	459	10.01	32' 9½"
930	17.46	57' 3½"	691	13.41	44' 0"	451	9.88	32' 5¾"
922	17.32	56' 9¾"	683	13.28	43' 6¾"	443	9.77	32' 1½"
914	17.17	56' 4"	675	13.16	43' 2¼"	435	9.66	31' 10¼"
906	17.03	55' 10½"	667	13.06	42' 9"	427	9.56	31' 8¼"
898	16.89	55' 5"	659	12.91	42' 4¼"	419	9.45	31' 0"
890	16.75	54' 11½"	651	12.79	41' 11½"	411	9.34	30' 8¾"
883	16.62	54' 6¼"	643	12.66	41' 6½"	403	9.23	30' 4¼"
875	16.48	54' ¾"	635	12.54	41' 1¾"	395	9.12	29' 0"
867	16.34	53' 7¼"	627	12.42	40' 9"	387	9.02	29' 7"
859	16.20	53' 1¾"	619	12.30	40' 4¼"	379	8.92	29' 3¼"
851	16.06	52' 8¼"	611	12.18	39' 11½"	371	8.82	28' 11¼"
843	15.92	52' 2¾"	603	12.06	39' 6¾"	363	8.72	28' 7¼"
835	15.78	51' 9¼"	595	11.94	39' 2"	355	8.62	28' 3½"
827	15.65	51' 4¼"	587	11.82	38' 9½"	347	8.52	27' 11½"
819	15.51	50' 10¾"	579	11.70	38' 4¾"	339	8.42	27' 7½"
811	15.37	50' 5¼"	571	11.58	38' 0"	331	8.32	27' 3½"
803	15.24	50' 0"	563	11.46	37' 7¼"	323	8.22	26' 11¾"
795	15.10	49' 6½"	555	11.34	37' 2½"	315	8.12	26' 7¾"
787	14.97	49' 1½"	547	11.22	36' 9¾"	307	8.02	26' 3¾"
779	14.84	48' 8¼"	539	11.10	36' 5"	299	7.92	25' 11¾"
771	14.70	48' 2¾"	531	10.98	36' 0¼"	291	7.82	25' 7¾"
763	14.57	47' 9¾"	523	10.87	35' 8"	283	7.72	25' 3¾"
755	14.44	47' 4½"	515	10.76	35' 3¾"	275	7.63	25' 0"
747	14.31	46' 11½"	507	10.64	34' 11"			
739	14.17	46' 6"	499	10.53	34' 6½"			

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HIGH JUMP

Points	Meters	Feet/Inches	Points	Meters	Feet/Inches	Points	Meters	Feet/Inches
1,000	2.17	7' 1½"	662	1.78	5' 10"	303	1.41	4' 7¾"
992	2.16	7' 1"	643	1.76	5' 9¼"	293	1.40	4' 7¼"
975	2.14	7' ¼"	625	1.74	5' 8½"	283	1.39	4' 7"
959	2.12	6' 11½"	607	1.72	5' 7¾"	273	1.38	4' 6½"
942	2.10	6' 10¾"	588	1.70	5' 7"	263	1.37	4' 6"
925	2.08	6' 10"	569	1.68	5' 6¼"	252	1.36	4' 5¾"
909	2.06	6' 9¼"	550	1.66	5' 5½"	242	1.35	4' 5¼"
891	2.04	6' 8¼"	531	1.64	5' 4¾"	231	1.34	4' 5"
874	2.02	6' 7½"	512	1.62	5' 4"	220	1.33	4' 4½"
857	2.00	6' 6 ¾"	493	1.60	5' 3¼"	210	1.32	4' 4"
840	1.98	6' 6"	473	1.58	5' 2¼"	199	1.31	4' 3¾"
822	1.96	6' 5¼"	453	1.56	5' 1½"	189	1.30	4' 3¼"
804	1.94	6' 4½"	434	1.54	5' ¾"	178	1.29	4' 3"
788	1.92	6' 3½"	414	1.52	5' 0"	167	1.28	4' 2½"
769	1.90	6' 2¾"	394	1.50	4' 11¼"	156	1.27	4' 2¼"
751	1.88	6' 2"	374	1.48	4' 10½"	146	1.26	4' 1¾"
734	1.86	6' 1¼"	354	1.46	4' 9¾"	135	1.25	4' 1¼"
716	1.84	6' ½"	344	1.44	4' 8¾"	124	1.24	4' 1"
698	1.82	5' 11¾"	324	1.43	4' 8½"	113	1.23	4' ½"
680	1.80	5' 11"	314	1.42	4' 8"	101	1.22	4' ¼"

400-METER DASH

Seconds	Points	Seconds	Points	Seconds	Points
48.0	893	56.0	566	64.0	316
48.2	889	56.2	559	64.2	311
48.4	880	56.4	552	64.4	306
48.6	871	56.6	544	64.6	300
48.8	861	56.8	537	64.8	294
49.0	852	57.0	531	65.0	289
49.2	842	57.2	524	65.2	284
49.4	833	57.4	517	65.4	278
49.6	824	57.6	511	65.6	273
49.8	814	57.8	504	65.8	268
50.0	805	58.0	497	66.0	263
50.2	797	58.2	491	66.2	258
50.4	788	58.4	484	66.4	253
50.6	779	58.6	477	66.6	248
50.8	770	58.8	470	66.8	243
51.0	762	59.0	464	67.0	238
51.2	753	59.2	458	67.2	233
51.4	744	59.4	451	67.4	228
51.6	736	59.6	445	67.6	223
51.8	728	59.8	439	67.8	218
52.0	720	60.0	433	68.0	213
52.2	712	60.2	426	68.2	208
52.4	703	60.4	420	68.4	203
52.6	695	60.6	414	68.6	198
52.8	687	60.8	408	68.8	194
53.0	679	61.0	402	69.0	189
53.2	671	61.2	396	69.2	184
53.4	663	61.4	390	69.4	180
53.6	655	61.6	384	69.6	175
53.8	648	61.8	378	69.8	170
54.0	640	62.0	372	70.0	166
54.2	633	62.2	366	70.2	161
54.4	625	62.4	360	70.4	157
54.6	617	62.6	354	70.6	152
54.8	610	62.8	349	70.8	148
55.0	603	63.0	343	71.0	143
55.2	596	63.2	337	71.2	139
55.4	588	63.4	332	71.4	135
55.6	580	63.6	326	71.6	130
55.8	573	63.8	321	71.8	126

TRIPLE JUMP

Points	Meters	Feet/Inches	Points	Meters	Feet/Inches	Points	Meters	Feet/Inches
1200	18.43	60' 5¾"	830	14.50	47' 7"	460	11.04	36' 2½"
1190	18.31	60' 0"	820	14.40	47' 3"	450	10.95	35' 11¼"
1180	18.20	59' 8¾"	810	14.30	46' 11"	440	10.87	35' 8"
1170	18.09	59' 4¼"	800	14.20	46' 7¼"	430	10.78	35' 4½"
1160	17.98	58' 11¼"	790	14.10	46' 3¼"	420	10.69	35' 1"
1150	17.87	58' 7½"	780	14.00	45' 11¼"	410	10.61	34' 9¾"
1140	17.76	58' 3¼"	770	13.91	45' 7½"	400	10.52	34' 6¼"
1130	17.65	57' 10¾"	760	13.81	45' 3¾"	390	10.44	34' 3"
1120	17.54	57' 6½"	750	13.71	44' 11¾"	380	10.35	33' 11½"
1110	17.43	57' 2¼"	740	13.61	44' 7¾"	370	10.27	33' 8½"
1100	17.32	56' 9¾"	730	13.52	44' 4¼"	360	10' 19	33' 5¼"
1090	17.21	56' 5½"	720	13.42	44' 0¼"	350	10' 10	33' 1¾"
1080	17.10	56' 1¼"	710	13.32	43' 8¼"	340	10.02	32' 10"
1070	16' 99	55' 9"	700	13.25	43' 5½"	330	9.94	32' 7¼"
1060	16.89	55' 5"	690	13.13	43' 1"	320	9.85	32' 3¾"
1050	16.78	55' ¾"	680	13.04	42' 9¼"	310	9.77	32' 0½"
1040	16.67	54' 8½"	670	12.94	42' 5½"	300	9.69	31' 9½"
1030	16.56	54' 4"	660	12.85	42' 2"	290	9.61	31' 6¼"
1020	16.46	54' ¼"	650	12.76	41' 10½"	280	9.53	31' 3¼"
1010	16.35	53' 7¾"	640	12.66	41' 6½"	270	9.45	31' 0"
1000	16.25	53' 3¾"	630	12.57	41' 3"	260	9.37	30' 8¾"
990	16.14	52' 11½"	620	12.48	40' 11½"	250	9.29	30' 5¾"
980	16.03	52' 7¼"	610	12.38	40' 7½"	240	9.21	30' 2½"
970	15.93	52' 3"	600	12.29	40' 4"	230	9.13	29' 11½"
960	15.82	51' 10½"	590	12.20	40' ½"	220	9.05	29' 8¼"
950	15.72	51' 6½"	580	12.11	39' 8¾"	210	8.97	29' 5¼"
940	15.62	51' 2¾"	570	12.02	39' 5"	200	8.89	29' 2"
930	15.51	50' 10¼"	560	11.93	39' 1¾"	190	8.81	28' 11"
920	15.41	50' 6½"	550	11.84	38' 10"	179	8.73	28' 7¼"
910	15.31	50' 2½"	540	11.75	38' 6½"	170	8.66	28' 5"
900	15.21	49' 11"	530	11.66	38' 3"	160	8.58	28' 1¾"
890	15.10	49' 6¼"	520	11.57	37' 11½"	149	8.50	27' 10¾"
880	15.00	49' 2¼"	510	11.48	37' 8"	139	8.42	27' 7¼"
870	14.90	48' 10¾"	500	11.39	37' 4½"	128	8.34	27' 4½"
860	14' 80	48' 6¾"	490	11.30	37' ¾"	120	8.28	27' 2"
850	14.70	48' 2¾"	480	11.21	36' 9½"	108	8.19	26' 10½"
840	14.60	47' 11"	470	11.13	36' 6¼"	100	8.13	26' 8¼"

DISCUS

Points	Meters	Feet	Points	Meters	Feet	Points	Meters	Feet
943	53.63	176'	714	41.44	136'	458	29.29	96'
937	53.33	175'	708	41.14	135'	451	28.98	95'
931	52.99	174'	702	40.82	134'	444	28.66	94'
925	52.73	173'	696	40.52	133'	436	28.34	93'
918	52.43	172'	690	40.22	132'	429	28.04	92'
911	52.15	171'	684	39.90	131'	422	27.74	91'
904	51.82	170'	678	39.60	130'	415	27.58	90'
899	51.52	169'	672	39.30	129'	407	27.41	89'
893	51.18	168'	666	39.00	128'	400	26.83	88'
888	50.90	167'	659	38.66	127'	393	26.54	87'
883	50.62	166'	653	38.36	126'	386	26.25	86'
877	50.28	165'	647	38.06	125'	378	25.92	85'
872	49.98	164'	641	37.76	124'	370	25.60	84'
867	49.70	163'	635	37.48	123'	362	25.27	83'
861	49.38	162'	629	37.18	122'	355	24.99	82'
855	49.04	161'	623	36.84	121'	347	24.67	81'
850	48.76	160'	617	36.60	120'	339	24.35	80'
845	48.48	159'	611	36.30	119'	332	24.08	79'
839	48.14	158'	604	35.96	118'	324	23.77	78'
834	47.86	157'	598	35.68	117'	316	23.45	77'
828	47.52	156'	592	35.40	116'	308	23.15	76'
823	47.24	155'	585	35.06	115'	300	22.84	75'
817	46.92	154'	579	34.76	114'	292	22.54	74'
812	46.64	153'	572	34.44	113'	284	22.23	73'
806	46.32	152'	566	34.16	112'	276	21.93	72'
801	46.04	151'	559	33.84	111'	268	21.63	71'
795	45.72	150'	552	33.52	110'	260	21.33	70'
789	45.40	149'	546	33.24	109'	252	21.03	69'
783	45.08	148'	539	32.92	108'	244	20.75	68'
778	44.88	147'	533	32.64	107'	236	20.45	67'
772	44.48	146'	526	32.32	106'	227	20.13	66'
767	44.22	145'	519	32.00	105'	219	19.84	65'
761	43.90	144'	513	31.74	104'	210	19.52	64'
755	43.58	143'	506	31.42	103'	201	19.21	63'
749	43.26	142'	499	31.10	102'	193	18.92	62'
743	42.96	141'	492	30.78	101'	184	18.61	61'
738	42.70	140'	485	30.48	100'	175	18.30	60'
732	42.38	139'	478	30.16	99'	166	17.99	59'
726	42.06	138'	472	29.89	98'	157	17.69	58'
720	41.76	137'	464	29.54	97'	148	17.39	57'

110-METER HURDLES

Seconds	Points
13.1	1080
13.2	1066
13.3	1052
13.4	1039
13.5	1026
13.6	1013
13.7	1000
13.8	987
.13.9	974
14.0	962
14.1	950
14.2	938
14.3	926
14.4	914
14.5	903
14.6	892
14.7	881
14.8	870
14.9	859
15.0	848
15.1	837
15.2	827
15.3	817
15.4	807
15.5	797
15.6	787
15.7	777
15.8	767
15.9	757
16.0	748
16.1	739
16.2	730
16.3	721
16.4	712
16.5	703
16.6	694
16.7	685
16.8	676
16.9	668
17.0	660
17.1	652
17.2	645
17.3	637
17.4	629
17.5	621
17.6	613
17.7	605
17.8	597
17.9	590
18.0	582
18.1	575
18.2	568
18.3	561
18.4	554
18.5	547
18.6	540
18.7	533
18.8	526
18.9	519
19.0	512
19.1	506
19.2	499
19.3	493
19.4	487
19.5	480
19.6	474
19.7	468
19.8	461
19.9	455
20.0	449
20.1	443
20.2	438
20.3	432
20.4	426
20.5	420
20.6	415
20.7	409
20.8	403
20.9	398
21.0	394
21.1	387
21.2	381
21.3	376
21.4	371
21.5	366
21.6	361
21.7	356
21.8	350
21.9	345
22.0	340
22.1	335
22.2	331
22.3	326
22.4	321
22.5	316
22.6	312
22.7	307
22.8	302
22.9	297
23.0	293
23.1	288
23.2	284
23.3	279
23.4	275
23.5	271
23.6	266
23.7	262
23.8	258
23.9	253
24.0	249
24.1	245
24.2	241
24.3	237
24.4	233
24.5	229
24.6	225
24.7	221
24.8	217
24.9	213
25.0	209
25.1	205
25.2	202
25.3	198
25.4	194
25.5	191
25.6	187
25.7	183
25.8	180
25.9	176
26.0	173
26.1	169
26.2	166
26.3	162
26.4	159
26.5	156
26.6	152
26.7	149
26.8	145
26.9	142
27.0	138
27.1	135
27.2	132
27.3	129
27.4	126
27.5	123
27.6	119
27.7	116
27,8	113
27.9	110
28.0	107
28.1	104
28.2	101

POLE VAULT

Points	Meters	Feet	Points	Meters	Feet	Points	Meters	Feet
1,000	4.78	15' 8"	804	3.99	13' 1"	587	3.20	10' 6"
993	4.75	15' 7"	796	3.96	13' 0"	581	3.18	10' 5"
989	4.73	15' 6"	791	3.94	12' 11"	572	3.15	10' 4"
981	4.70	15' 5"	783	3.91	12' 10"	567	3.13	10' 3"
974	4.67	15' 4"	777	3.89	12' 9"	558	3.10	10' 2"
969	4.65	15' 3"	769	3.86	12' 8"	549	3.07	10' 1"
962	4.62	15' 2"	764	3.84	12' 7"	543	3.05	10' 0"
957	4.60	15' 1"	757	3.81	12' 6"	534	3.02	9' 11"
950	4.57	15' 0"	752	3.79	12' 5"	528	3.00	9' 10"
945	4.55	14' 11"	744	3.76	12' 4"	519	2.97	9' 9"
937	4.52	14' 10"	736	3.73	12' 3"	513	2.95	9' 8"
932	4.50	14' 9"	730	3.71	12' 2"	504	2.92	9' 7"
925	4.47	14' 8"	722	3.68	12' 1"	498	2.90	9' 6"
920	4.45	14' 7"	717	3.66	12' 0"	489	2.87	9' 5"
913	4.42	14' 6"	708	3.63	11' 11"	479	2.84	9' 4"
909	4.40	14' 5"	703	3.61	11' 10"	473	2.82	9' 3"
901	4.37	14' 4"	694	3.58	11' 9"	464	2.79	9' 2"
894	4.34	14' 3"	689	3.56	11' 8"	458	2.77	9' 1"
889	4.32	14' 2"	681	3.53	11' 7"	448	2.74	9' 0"
881	4.29	14' 1"	675	3.51	11' 6"	442	2.72	8' 11"
876	4.27	14' 0"	667	3.48	11' 5"	432	2.69	8' 10"
869	4.24	13' 11"	661	3.46	11' 4"	426	2.67	8' 9"
864	4.22	13' 10"	652	3.43	11' 3"	416	2.64	8' 8"
856	4.19	13' 9"	644	3.40	11' 2"	406	2.61	8' 7"
851	4.17	13' 8"	638	3.38	11' 1"	400	2.59	8' 6"
842	4.14	13' 7"	630	3.35	11' 0"	390	2.56	8' 5"
837	4.12	13' 6"	624	3.33	10' 11"	384	2.54	8' 4"
830	4.09	13' 5"	615	3.30	10' 10"	374	2.51	8' 2"
825	4.07	13' 4"	610	3.28	10' 9"	358	2.46	8' 1"
817	4.04	13' 3"	601	3.25	10' 8"	351	2.44	8' 0"
809	4.01	13' 2"	595	3.23	10' 7"			

1,600-METER RUN

Minutes	Points	Minutes	Points	Minutes	Points
3:51	1097	4:46	617	5:41	301
3:52	1086	4:47	610	5:42	297
3:53	1075	4:48	603	5:43	292
3:54	1064	4:49	596	5:44	287
3:55	1053	4:50	589	5:45	282
3:56	1043	4:51	583	5-46	277
3:57	1032	4:52	576	5:47	273
3:58	1022	4:53	569	5:48	268
3:59	1012	4:54	563	5:49	264
4:00	1002	4:55	556	5:50	259
4:01	992	4:56	550	5:51	255
4:02	982	4:57	543	5:52	250
4:03	972	4:58	537	5:53	246
4:04	962	4:59	531	5:54	242
4:05	952	5:00	525	5:55	237
4:06	943	5:01	518	5:56	233
4:07	933	5:02	512	5:57	228
4:08	924	5:03	506	5:58	224
4.-09	914	5:04	500	5:59	220
4:10	905	5:05	494	6:00	216
4:11	896	5:06	488	6:01	211
4:12	888	5:07	482	6:02	207
4:13	879	5:08	476	6:03	203
4:14	869	5:09	470	6:04	199
4:15	859	5:10	464	6:05	195
4:16	851	5:11	458	6:06	191
4:17	842	5:12	453	6:07	187
4:18	834	5:13	447	6:08	183
4:19	825	5:14	441	6:09	179
4:20	816	5:15	436	6:10	175
4:21	808	5:16	430	6:11	171
4:22	800	5:17	425	6:12	167
4:23	791	5:18	419	6:13	163
4:24	783	5:19	413	6:14	159
4:25	775	5:20	408	6:15	155
4:26	767	5:21	403	6:16	151
4:27	759	5:22	397	6:17	147
4:28	751	5:23	392	6:18	143
4:29	743	5:24	387	6:19	139
4:30	735	5-.25	381	6:20	136
4:31	727	5:26	376	6:21	132
4-.32	719	5:27	371	6:22	128
4:33	712	5:28	366	6:23	125
4:34	704	5:29	361	6:24	121
4:35	696	5:30	355	6:25	117
4:36	689	5:31	350	6:26	113
4:37	681	5:32	345	6:27	110
4:38	674	5:33	340	6:28	106
4:39	667	5:34	335	6:29	103
4:40	660	5:35	330	6:30	99
4:41	652	5:36	325	6:31	95
4:42	645	5:37	320	6:32	92
4:43	638	5:38	316	6:33	88
4:44	631	5-39	311		
4:45	624	5:40	306		

GIRLS HEPTATHLON

The girls heptathlon shall consist of seven events which will be held on two consecutive days in the following order, unless state association rules apply:

First Day	Second Day
100-meter Hurdles (33")	Long Jump
High Jump	Javelin Throw*
Shot Put (4 kg)	800-meter Run
200-meter Dash	

Some state associations substitute the discus throw for the javelin.

100-METER HURDLES

Points	Seconds	Points	Seconds	Points	Seconds
12.0	1280	15.4	790	18.8	409
12.1	1264	15.5	777	18.9	400
12.2	1248	15.6	764	19.0	390
12.3	1232	15.7	751	19.1	381
12.4	1216	15.8	739	19.2	372
12.5	1201	15.9	727	19.3	363
12.6	1185	16.0	714	19.4	354
12.7	1170	16.1	702	19.5	345
12.8	1155	16.2	690	19.6	336
12.9	1140	16.3	678	19.7	328
13.0	1124	16.4	666	19.8	319
13.1	1109	16.5	654	19.9	311
13.2	1094	16.6	642	20.0	302
13.3	1080	16.7	631	20.1	294
13.4	1065	16.8	619	20.2	286
13.5	1050	16.9	608	20.3	278
13.6	1036	17.0	596	20.4	270
13.7	1021	17.1	585	20.5	262
13.8	1007	17.2	574	20.6	255
13.9	993	17.3	563	20.7	247
14.0	978	17.4	552	20.8	240
14.1	964	17.5	541	20.9	232
14.2	950	17.6	530	21.0	225
14.3	936	17.7	520	21.1	218
14.4	923	17.8	509	21.2	211
14.5	909	17.9	499	21.3	204
14.6	895	18.0	488	21.4	197
14.7	882	18.1	478	21.5	190
14.8	868	18.2	468	21.6	183
14.9	855	18.3	458	21.7	177
15.0	842	18.4	449	21.8	170
15.1	828	18.5	438	21.9	164
15.2	815	18.6	428	22.0	158

HIGH JUMP

Meters	Feet/Inches	Points	Meters	Feet/Inches	Points	Meters	Feet/Inches	Points
2.09	6' 10"	1359	1.72	5' 7½"	879	1.35	4' 5"	460
2.08	6' 9½"	1345	1.71	5' 7"	867	1.34	4' 4½"	449
2.07	6' 9¼"	1332	1.70	5' 6¾"	855	1.33	4' 4"	439
2.06	6' 8¾"	1318	1.69	5' 6¼"	842	1.32	4' 3¾"	429
2.05	6' 8¼"	1305	1.68	5' 6"	830	1.31	4' 3¼"	419
2.04	6' 8"	1291	1.67	5' 5½"	818	1.30	4' 3"	409
2.03	6' 7½"	1278	1.66	5' 5"	806	1.29	4' 2½"	399
2.02	6' 7¼"	1264	1.65	5' 4¾"	795	1.28	4' 2¼"	389
2.01	6' 6¾"	1251	1.64	5' 4¼"	783	1.27	4' 1¾"	379
2.00	6' 6½"	1237	1.63	5' 4"	771	1.26	4' 1¼"	369
1.99	6' 6"	1224	1.62	5' 3½"	759	1.25	4' 1"	359
1.98	6' 5¾"	1211	1.61	5' 3¼"	747	1.24	4' ½"	350
1.97	6' 5¼"	1198	1.60	5' 2¾"	736	1.23	4' ¼"	340
1.96	6' 5"	1184	1.59	5' 2¼"	724	1.22	3' 11¾"	331
1.95	6' 4½"	1171	1.58	5' 2"	712	1.21	3' 11½"	321
1.94	6' 4¼"	1158	1.57	5' 1½"	701	1.20	3' 11"	312
1.93	6' 3¾"	1145	1.56	5' 1¼"	689	1.19	3' 10½"	302
1.92	6' 3¼"	1132	1.55	5' ¾"	678	1.18	3' 10¼"	293
1.91	6' 3"	1119	1.54	5' ½"	666	1.17	3' 9¾"	2/7
1.90	6' 2½"	1106	1.53	5' 0"	655	1.16	3' 9½"	275
1.89	6' 2¼"	1093	1.52	4' 11½"	644	1.15	3' 9"	266
1.88	6' 1¾"	1080	1.51	4' 11¼"	632	1.14	3' 8¾"	257
1.87	6' 1½"	1067	1.50	4' 10¾"	621	1.13	3' 8¼"	248
1.86	6' 1"	1054	1.49	4' 10½"	610	1.12	3' 7¾"	239
1.85	6' ½"	1041	1.48	4' 10"	599	1.11	3' 7½"	231
1.84	6' ¼"	1029	1.47	4' 9¾"	588	1.10	3' 7"	222
1.83	5' 11¾"	1016	1.46	4' 9¼"	577	1.09	3' 6¾"	214
1.82	5' 11½"	1003	1.45	4' 8¾"	566	1.08	3' 6¼"	205
1.81	5' 11"	991	1.44	4' 8½"	555	1.07	3' 6"	197
1.80	5' 10½"	978	1.43	4' 8"	544	1.06	3' 5½"	188
1.79	5' 10¼"	966	1.42	4' 7¾"	534	1.05	3' 5"	180
1.78	5' 9¾"	953	1.41	4' 7¼"	523	1.04	3' 4¾"	172
1.77	5' 9½"	941	1.40	4' 6¾"	512	1.03	3' 4¼"	164
1.76	5' 9"	928	1.39	4' 6½"	502	1.02	3' 4"	156
1.75	5' 8¾"	916	1.38	4' 6"	491	1.01	3' 3½"	149
1.74	5' 8¼"	903	1.37	4' 5¾"	481	1.00	3' 3¼"	141
1.73	5' 8"	891	1.36	4' 5¼"	470			

SHOT PUT

Meters	Feet/Inches	Points	Meters	Feet/Inches	Points	Meters	Feet/Inches	Points
22.9	75' 1¼"	1397	17.9	58' 8½"	1056	12.9	42' 3¾"	721
22.8	74' 9¼"	1390	17.8	58' 4½"	1050	12.8	41' 11½"	714
22.7	74' 5½"	1383	17.7	58' ¾"	1043	12.7	41' 7¾"	708
22.6	74' 1½"	1377	17.6	57' 8¾"	1036	12.6	41' 3¾"	701
22.5	73' 9½"	1370	17.5	57' 4¾"	1029	12.5	40' 11¾"	695
22.4	73' 5½"	1363	17.4	57' ¾"	1023	12.4	40' 7¾"	688
22.3	73' 1¾"	1356	17.3	56' 9"	1016	12.3	40' 4"	681
22.2	72' 9¾"	1349	17.2	56' 5"	1009	12.2	40' 0"	675
22.1	72' 5¾"	1342	17.1	56' 1"	1002	12.1	39' 8"	668
22.0	72' 2"	1335	17.0	55' 9¼"	996	12.0	39' 4¼"	661
21.9	71' 10"	1329	16.9	55' 5"	989	11.9	39' ¼"	655
21.8	71' 6"	1322	16.8	55' 1"	982	11.8	38' 8¼"	648
21.7	71' 2¼"	1315	16.7	54' 9¼"	975	11.7	38' 4½"	642
21.6	70' 10¼"	1308	16.6	54' 5¼"	969	11.6	38' ½"	635
21.5	70' 6¼"	1301	16.5	54' 1¼"	962	11.5	37' 8½"	628
21.4	70' 2¼"	1294	16.4	53' 9¼"	955	11.4	37' 4½"	622
21.3	69' 10½"	1288	16.3	53' 5½"	949	11.3	37' ¾"	615
21.2	69' 6½"	1281	16.2	53' 1½"	942	11.2	36' 8¾"	609
21.1	69' 2½"	1274	16.1	52' 9½"	935	11.1	36' 4¾"	602
21.0	68' 10¾"	1267	16.0	52' 5¾"	928	11.0	36' 1"	595
20.9	68' 6½"	1260	15.9	52' 1¾"	922	10.9	35' 9"	589
20.8	68' 2½"	1253	15.8	51' 9¾"	915	10.8	35' 5"	582
20.7	67' 10¾"	1247	15.7	51' 6"	908	10.7	35' 1¼"	576
20.6	67' 6¾"	1240	15.6	51' 2"	901	10.6	34' 9¼"	569
20.5	67' 2¾"	1233	15.5	50' 10"	895	10.5	34' 5¼"	563
20.4	66' 10¾"	1226	15.4	50' 6"	888	10.4	34' 1¼"	556
20.3	66' 7"	1219	15.3	50' 2¼"	881	10.3	33' 9¼"	549
20.2	66' 3"	1212	15.2	49' 10¼"	875	10.2	33' 5¼"	543
20.1	65' 11"	1206	15.1	49' 6¼"	868	10.1	33' 1¼"	536
20.0	65' 7¼"	1199	15.0	49' 2½"	861	10.0	32' 9½"	530
19.9	65' 3¼"	1192	14.9	48' 10¼"	855	9.9	32' 5¼"	523
19.8	64' 11¼"	1185	14.8	48' 6¼"	848	9.8	32' 1"	517
19.7	64' 7½"	1179	14.7	48' 2½"	841	9.7	31' 9¼"	510
19.6	64' 3½"	1172	14.6	47' 10½"	834	9.6	31' 5¼"	504
19.5	63' 11½"	1165	14.5	47' 6½"	828	9.5	31' 1½"	497
19.4	63' 7½"	1158	14.4	47' 2½"	821	9.4	30' 9¾"	491
19.3	63' 3¾"	1151	14.3	46' 10¾"	814	9.3	30' 6"	484
19.2	62' 11¾"	1144	14.2	46' 6¾"	808	9.2	30' 2"	478
19.1	62' 7¾"	1138	14.1	46' 2¾"	801	9.1	29' 10"	471
19.0	62' 4"	1131	14.0	45' 11"	794	9.0	29' 6¼"	465
18.9	61' 11¾"	1124	13.9	45' 7"	788	8.9	29' 2"	458
18.8	61' 7¾"	1117	13.8	45' 3"	781	8.8	28' 10"	452
18.7	61' 4"	1111	13.7	44' 11¼"	774	8.7	28' 6¼"	445
18.6	61' 0"	1104	13.6	44' 7¼"	768	8.6	28' 2¼"	439
18.5	60' 8"	1097	13.5	44' 3¼"	761	8.5	27' 10¼"	432
18.4	60' 4"	1090	13.4	43' 11¼"	754	8.4	27' 6 ¼"	426
18.3	60' ¼"	1084	13.3	43' 7½"	748	8.3	27' 2½"	419
18.2	59' 8¼"	1077	13.2	43' 3½"	741	8.2	26' 10½"	413
18.1	59' 4¼"	1070	13.1	42' 11½"	734	8.1	26' 6½"	406
18.0	59' ½"	1063	13.0	42' 7¾"	728	8.0	26' 2¾"	400

200-METER DASH

Seconds	Points	Seconds	Points	Seconds	Points
21.5	1234	24.9	896	28.3	608
21.6	1223	25.0	887	28.4	600
21.7	1213	25.1	877	28.5	592
21.8	1202	25.2	869	28.6	584
21.9	1191	25.3	860	28.7	577
22.0	1181	25.4	851	28.8	569
22.1	1171	25.5	842	28.9	560
22.2	1160	25.6	833	29.0	554
22.3	1150	25.7	824	29.1	547
22.4	1140	25.8	815	29.2	539
22.5	1129	25.9	806	29.3	532
22.6	1119	26.0	797	29.4	525
22.7	1109	26.1	789	29.5	518
22.8	1099	26.2	780	29.6	511
22.9	1089	26.3	771	29.7	504
23.0	1079	26.4	763	29.8	496
23.1	1069	26.5	754	29.9	489
23.2	1059	26.6	746	30.0	482
23.3	1049	26.7	737	30.1	475
23.4	1039	26.8	729	30.2	469
23.5	1029	26.9	720	30.3	462
23.6	1019	27.0	712	30.4	455
23.7	1010	27.1	704	30.5	448
23.8	1000	27.2	695	30.6	441
23.9	990	27.3	687	30.7	435
24.0	981	27.4	679	30.8	428
24.1	971	27.5	671	30.9	421
24.2	962	27.6	663	31.0	414
24.3	952	27.7	655	31.1	408
24.4	943	27.8	647	31.2	402
24.5	933	27.9	639	31.3	395
24.6	924	28.0	631	31.4	389
24.7	915	28.1	623	31.5	383
24.8	905	28.2	615	31.6	377

LONG JUMP

Meters	Feet/Inches	Points	Meters	Feet/Inches	Points	Meters	Feet/Inches	Points
7.4	24' 3"	1309	5.5	18' ¼"	700	3.6	11' 9½"	220
7.3	23' 11¼"	1275	5.4	17' 8¼"	671	3.5	11' 5½"	200
7.2	23' 7¼"	1240	5.3	17' 4½"	643	3.4	11' 1½"	180
7.1	23' 3¼"	1206	5.2	17' 0½"	614	3.3	10' 9¾"	161
7.0	22' 11½"	1172	5.1	16' 8½"	587	3.2	10' 5¾"	142
6.9	22' 8¾"	1139	5.0	16' 4¾"	559	3.1	10' 1¾"	124
6.8	22' 4¾"	1105	4.9	16' 0½"	532	3.0	9' 10"	107
6.7	22' 1"	1072	4.8	15' 8½"	506	2.9	9' 5¾"	91
6.6	21' 9"	1040	4.7	15' 4¾"	479	2.8	9' 1¾"	75
6.5	21' 5"	1007	4.6	15' 0¾"	454	2.7	8' 10"	60
6.4	21' 1"	975	4.5	14' 8¾"	428	2.6	8' 6"	46
6.3	20' 9¼"	943	4.4	14' 4¾"	403	2.5	8' 2"	34
6.2	20' 5¼"	912	4.3	14' 1"	379	2.4	7' 10"	22
6.1	20' 1¼"	880	4.2	13' 9"	355	2.3	7' 6¼"	12
6.0	19' 8"	850	4.1	13' 5"	331	2.2	7' 2¼"	5
5.9	19' 4"	819	4.0	13' 1¼"	308	2.1	6' 10¼"	0
5.8	19' 0"	789	3.9	12' 9¼"	285	2.0	6' 6½"	0
5.7	18' 8¼"	759	3.8	12' 5¼"	263			
5.6	18' 4¼"	729	3.7	12' 1½"	242			

JAVELIN

Meters	Feet	Points	Meters	Feet	Points	Meters	Feet	Points
77	252' 7"	1390	52	170' 7"	900	27	88' 6¾"	421
76	249' 4"	1369	51	167' 3"	880	26	85' 3½"	402
75	246' 0"	1350	50	164' 0"	861	25	82' 0¼"	383
74	242' 9"	1330	49	160' 9"	841	24	78' 8¾"	364
73	239' 6"	1310	48	157' 5"	822	23	75' 5½"	345
72	236' 2"	1290	47	154' 2"	803	22	72' 2"	327
71	232' 11"	1271	46	150' 11"	783	21	68' 10¾"	308
70	229' 7"	1251	45	147' 7"	764	20	65' 7¼"	290
69	226' 4"	1232	44	144' 4"	745	19	62' 4"	271
68	223' 1"	1212	43	141' 0"	726	18	59' ½"	252
67	219' 9"	1192	42	137' 9"	706	17	55' 9¼"	234
66	216' 6"	1173	41	134' 6"	687	16	52' 5¾"	216
65	213' 3"	1153	40	131' 2"	668	15	49' 2½"	197
64	209' 11"	1133	39	127' 11"	649	14	45' 11"	179
63	206' 8"	1114	38	124' 8"	630	13	42' 7¾"	161
62	203' 4"	1094	37	121' 4"	610	12	39' 4¼"	143
61	200' 1"	1075	36	118' 1"	591	11	36' 1"	125
60	196' 10"	1055	35	114' 9"	572	10	32' 9½"	107
59	193' 6"	1036	34	111' 6"	553	9	29' 6¼"	89
58	190' 3"	1016	33	108' 3"	534	8	26' 2¾"	71
57	187' 0"	997	32	104' 11"	515	7	21' 11½"	54
56	183' 8"	977	31	101' 8"	496	6	19' 8"	36
55	180' 5"	958	30	98' 5"	477	5	16' 4¾"	19
54	177' 1"	938	29	95' 1½"	458	4	13' 1¼"	3
53	173' 10"	919	28	91' 10¼"	439			

800-METER RUN

Time	Points	Time	Points	Time	Points
1:52	1245	2:39	584	3:26	162
1:53	1228	2-.40	573	3 - 27	155
1:54	1212	2:41	561	3:28	149
1:55	1196	2:42	550	3:29	143
1 -56	1180	2:43	539	3:30	137
1:57	1164	2:44	528	3:31	131
1:58	1148	2:45	517	3-.32	126
1:59	1132	2:46	506	3:33	120
2:00	1116	2:47	495	3.-34	115
2:01	1101	2:48	485	3:35	109
2:02	1085	2:49	474	3:36	104
2:03	1070	2:50	464	3:37	99
2:04	1054	2:51	453	3:38	94
2:05	1039	2:52	443	3:39	89
2:06	1024	2:53	433	3:40	84
2:07	1009	2:54	423	3:41	80
2:08	994	2:55	413	3:42	75
2:09	979	2:56	403	3-43	71
2:10	965	2:57	394	3:44	66
2:11	950	2:58	384	3:45	62
2:12	936	2:59	375	3:46	58
2:13	921	3:00	365	3:47	54
2:14	907	3:01	356	3:48	51
2:15	893	3:02	347	3:49	47
2:16	879	3-.03	338	3:50	44
2:17	865	3:04	329	3:51	40
2:18	851	3-.05	320	3:52	37
2:19	837	3:06	311	3:53	34
2:20	824	3:07	303	3:54	31
2:21	810	3:08	294	3:55	28
2:22	797	3-.09	286	3:56	25
2:23	783	3:10	278	3:57	23
2:24	770	3:11	270	3:58	20
2:25	757	3:12	262	3:59	18
2:26	744	3:13	254	4:00	15
2:27	731	3:14	246	4:01	13
2:28	718	3-.15	238	4:02	11
2:29	705	3.-16	231	4:03	10
2:30	693	3:17	223	4:04	8
2:31	680	3:18	216	4:05	6
2:32	668	3:19	209	4:06	5
2:33	656	3:20	202	4:07	4
2:34	644	3:21	195	4:08	3
2:35	632	3:22	188	4:09	2
2:36	620	3:23	181	4:10	1
2:37	608	3-.24	174		
2:38	596	3:25	168		

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